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She's so Now

Brilliant buys at New Look, p82

Now's amazing Christmas gift guide, p66

Hottest beauty buys, p63

Vicky's our jungle queen

Hands up if you've been brushing up on your Geordie accent, saying things like: 'Well, hello crickets, welcome to the party!' when your mates come round for a cuppa. Yep, us too. Why? Because we wanna be in Vicky Pattison's gang. With no make-up, no special treatment and nothing to get her 'mortal', this lass has shown her true colours as kind-hearted, honest and hilarious – our queen of the jungle. Turn to p12 for our exclusive interview with Vicky's sister Laura.

Lydia Southern, Assistant Content Editor (Digital)
Follow me on Twitter @lydiasouthern

Cover photos: Featureflash, Rex. She's So Now photos: ITV

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Zayn says women like Gigi 'don't come around often'

ZAYN'S DATING GIGI

BUT HAS HE BEEN SPENDING TIME WITH PERRIE?

Two weeks after Zayn Malik's former fiancée Perrie Edwards moved back into the £4 million mansion they'd planned to share and he revealed he'll 'always love her', pictures show him on a series of dates in LA with 20-year-old supermodel Gigi Hadid. Little Mix star Perrie, 22, is now wondering if she's 'made a massive fool of herself' all over again after he unexpectedly ended their four-year relationship in August.

Now understands that she and Zayn, 22, have been spending time together recently, with a friend of the couple telling us: 'When they met up a fortnight ago, he told her he wasn't in a serious relationship – but it seems all that's changed. Perrie's upset he's now being linked with Gigi.

'When she confronted him about it, she made it clear she knows that they're both free to do what they want, but she's been calling him over the past few days to discuss things. However, he won't answer and will only text.'

While friends have been quick to warn her that 'Zayn's playing you', Perrie – who was pictured shopping near their London home with her mum Debbie last week – has been playing it cool by posting sexy selfies online instead of reacting.

Our source adds: 'She's confused. She doesn't understand why Zayn is staying in contact with her and then he's running off starting a new relationship with Gigi.'

Perrie's having some retail therapy with supportive mum Debbie

The £4 million love nest that Zayn and Perrie bought before their split

LOVE ladder

Hotting up

Graham Norton & Tinder!

After splitting with marketing consultant Andrew Smith this summer, Graham, 52, is reportedly ready for love again, signing up to Tinder.

Amy Childs & Jay Hector

As her former flame Bradley Wright, starts an 18-month prison sentence for handling stolen goods, queen of the vajazzle Amy, 25, has bounced back with a new man: Hollywood-based actor Jay.

Going off

Gaz Beadle & Lillie Lexie Gregg

Following a year-long romance, Gaz, 27, has split from Lillie Lexie, 24, with a spokesperson explaining: 'The challenges of his career are not conducive to a relationship.'

Hannah Spearritt & Paul Cattermole

After reuniting romantically on the S Club 7 tour earlier this year, Hannah, 34, and Paul, 38, are sadly no longer reaching for the stars together.

Sofia sparkles

Sofia Vergara & Joe Manganiello

Hollywood hotties Sofia and Joe recently tied the knot in a lavish Palm Beach ceremony. The 43-year-old Modern Family actress sparkled in a Zuhair Murad couture dress that took 32 people an astonishing 1,657 hours to make, while Joe, 38, pledged his eternal love in both English and Spanish. Guest Channing Tatum later performed a Magic Mike-inspired 'sexy dance' for the happy pair.

Imogen pops!

Imogen Thomas & Adam Horsley

Former Big Brother star Imogen has welcomed her second child with Australian boyfriend Adam, 30. The 32-year-old celebrated the safe arrival of their new addition on social media, captioning this cute snap: 'Welcome to the world baby girl. Siera Aleira Horsley. Born at 11.13am weighing 7lbs 1oz. She's perfect.'

Beckinsale bags a new bloke?

Kate Beckinsale & Len Wiseman

Kate's husband of 11 years, film director Len, 42, has been repeatedly spotted out with a model 19 years his junior, sparking rumours their marriage has come to an end. And to add fuel to the fire, last week a ringless Kate, 42, was spotted holding hands with a mystery man as she left the British Fashion Awards.

Crush corner

JUSTIN THEROUX, 44

It seems Jennifer Aniston has finally found her happy ending. Not only does her hunky husband Justin look like *this*, he's revealed: 'Not to be corny, but I constantly tell her she's beautiful.'

Words: Joshua Fox. Photos: Rex, Vincent Dolman, WENN, Splash, Xposure

2010
She looked healthier and fuller-faced

A pro-ana poster girl?

Not for the first time, Cheryl's been used by controversial pro-ana – promoting anorexia – websites as a 'thinspiration'. User @inmyskinnydream wrote: '#Cheryl 's #xfactor dress = winning... Cheryl's xfactor #thinspo' MORE winning. She is BEAUTIFULLY skinny.'

Cheryl's always felt very strongly about her image being used in this way and even posted this impassioned message to her Instagram followers in September: 'There is so, so, so, so much more to life than having the "perfect body". Every young person needs to understand that. Go travelling, learn about different cultures, be happy, fall in love and don't give a f*** about what people think. If your main goal in life is to be someone's "body goal", you need to reconsider your attitude.'

Dr Christian Buckland warns images of skinny celebs can have a huge affect on people suffering body image issues. 'It can set up inaccurate and unrealistic ideals,' he tells Now. 'They might think: "If I looked like that, I'd be happy and successful." The reality is often very different.

'These unrealistic ideals can lead people to become fixated on food and calories, often neglecting self-care, their relationships and their job or school work. This can contribute to other mental health-related issues, such as anxiety and depression.'

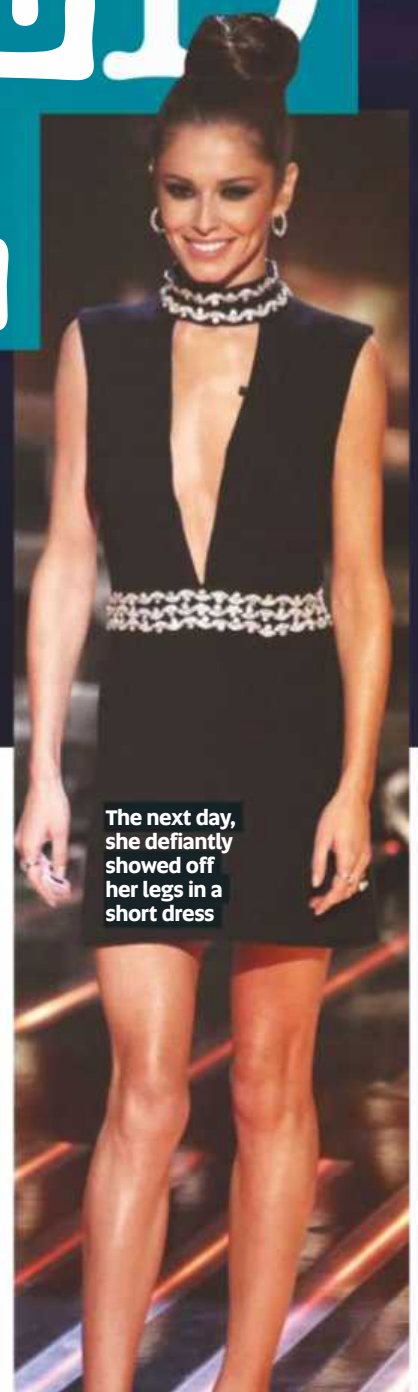
Cheryl Fernandez-Versini's shrinking frame isn't a new thing. But on the 21 November show there was something different about the way the 32-year-old X Factor judge looked. Standing alongside her fellow judges wearing a floor-length, one-shoulder red dress that exposed her bony shoulder and tiny arm, it was a turning point. Swarms of fans took to Twitter, accusing her of looking 'ill' and 'gaunt'.

Posting a shot of her outfit on her Instagram account after the show, just as she does every week, instead of the usual praise it immediately attracted hundreds of comments from concerned fans who were shocked to see their idol looking so frail. 'What's happened, you look so unhealthy babe?!' said one. 'This is very worrying,' commented another.

he moment CHERYL SHOCKED US ALL

As her weight appears to plummet, worried fans flood social media all asking the same question... what's wrong with Cheryl?

Cheryl was accused of looking 'ill' and 'gaunt'



The next day, she defiantly showed off her legs in a short dress

'HAVE SOME RESPECT'

In July, Cheryl defended herself against comments posted on her Instagram account by trolls calling her a 'bag of bones'. Cheryl ranted: 'I would never dream of calling somebody too fat and that they should maybe cut down on their food intake? You have no idea what I have been through. Just losing my father-in-law very recently and everything that comes with that. Not that I am or should justify myself to anyone. I'm so f***ing sick of people thinking it's OK to be mean or body shame anyone. And it's woman on woman. Have some respect and maybe think there may be reasons why before opening your mouth please.'

Then in August, a calmer Cheryl addressed her very apparent weight loss, assuring fans: 'I'm not anorexic. I work 12 to 14 hours a day. I don't even have time at the moment to exercise – and I don't need to either. It's nice that people are concerned, but... you can see I'm completely and utterly well and happy.'

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Her make-up accentuates Cheryl's sunken cheeks

Even in thick layers, which usually bulk you up, it's impossible to escape how skinny she looks

Admitting that her weight has dropped recently, Cheryl – who's always vehemently denied she has an eating disorder – posted this emotional statement on Instagram: 'The other side of body shaming is skinny shaming. How often do you hear someone say: "Give that girl a sandwich" or: "She needs a good feed"? Everyone says they want the "perfect body" but when a girl is just that bit too skinny, in your eyes, she gets judged.'

BODY SHAMING

Yet the avalanche of concern continued to gather pace across social media, with make-up contouring on her face seeming to accentuate her sunken cheeks and pinched nose. Even Alan Sugar was accused of body shaming her when he controversially Tweeted: 'Catching up on X-factor. Cheryl is now too thin.'

Refusing to comment on the reaction, Cheryl stood defiant the following night, opting for a black minidress, slashed to the waist,

TURN FOR MORE

What a doctor says

At 5ft 3in, to have a healthy BMI would mean someone like Cheryl should weigh between 7½ and 10st. While doctors can't comment on specific people, Dr Christian Buckland, a psychotherapist and counsellor specialising in eating disorders, warns a low BMI could have a huge impact both physically and mentally.

'Many physical health problems can arise due to anorexia or bulimia,' he tells us. 'Physical problems can include extreme or rapid weight loss, fatigue, insomnia, dizziness, thinning hair or hair that breaks or falls out, fragile bones, electrolyte imbalances, irregular heartbeat, low blood pressure, memory and concentration difficulties and sexual issues, including absent periods, infertility and loss of sex drive.'

He adds: 'If someone has a BMI of under 17.5 [eg, if a person of Cheryl's height weighs 7st or less] it's important they're under the care of a medical professional such as their GP, who can assess them physically and psychologically.'

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Cheryl sent a message and unleashed her fiery side with this slogan sweatshirt (£60, ablackandwhitestory.com) last Friday at the X Factor studios

Her jeans look baggy and loose

Fans express their concerns on Twitter

that showed off her skinny legs – when previously she's said: 'I hate my legs. I cover them up as much as possible' – and wearing her hair scraped back in a bun, which did nothing to detract from the public's concerns about her weight.

The following day, she glided up the red carpet at the British Fashion Awards in a sheer custom-made Topshop gown, leaving little to the imagination. Alongside models like Jourdan Dunn and Karlie Kloss, Cheryl looked tinier than ever.

While friends and colleagues continue to leap to her defence – even Simon Cowell has argued that she 'eats like a horse' and insisted: 'This isn't someone who's trying to make herself thin' – for Cheryl it's business as usual.

Now says...

Assistant Editor Louise Bennett gives her view

Let's get one thing straight. I'm a *big* Cheryl fan. I've interviewed her a few times and always found her to be incredibly warm, funny and gorgeous. In fact, my best friend and I often say to each other in times of crisis: 'What would Cheryl do?' But seeing her on TV getting skinnier and skinnier before my eyes, I feel shocked and sad – as many of you probably do.

It's not so much her shrinking figure as the fact it's almost impossible to ignore. Her outfits make no secret of the fact she's looking so much thinner than in the past and she makes fellow judges and contestants who stand next to her look large by comparison.

Cheryl's a stunning woman, but her gaunt face and sunken cheeks are stripping her of her natural beauty and I'm worried for her health. Only Cheryl knows what's caused this, but if I were her friend (real friend, not just pretend-in-my-head friend) I'd want to take her away from the glare of the spotlight. However much 'fun' she looks like she's having on The X Factor, I can't help wondering if she should take some time out.

2016: TIME OUT, BABIES & A NEW FASHION MOVE...

Whatever's going on in Cheryl's life, next year should give her the opportunity to take a bit of time out. Once The X Factor finishes she's due to take a well-earned break with her husband Jean-Bernard, 34, who's been absent from the X Factor studios this year as he focuses on his businesses overseas. A friend close to her tells us: 'Cheryl just wants to get away from it all and that means going a lot further than Newcastle. JB has many business ventures, so it could be as far as St Bart's. She wants lots of real quality time with JB and the opportunity to switch off – that's what she's dreaming of.

'She's learnt the hard way that if you don't take some time completely to yourself you'll end up being eaten alive by fame. JB supports her completely, as always. The bottom line is, he wants his wife back. He's lost a lot family-wise this past year and those experiences make marriage all the more precious.'

It's not just time away with her husband she's looking forward to. Could 2016 be the year Cheryl fulfils her dream of a family? Our source tells us: 'Cheryl feels it's high time they started building their own legacy. Ever since her friend Kimberley Walsh had little Bobby last year, she's been champing at the bit for a baby of her own.' But don't expect her to put her professional feet up completely. With talk of a Girls Aloud reunion and the launch of her own fashion line, Cheryl has plenty to keep her busy.

'Jean-Bernard wants his wife back,' says a pal

Words: Louise Bennett. Photos: Syco/Thames/Corbis/Dymond, Rex, Planet Photos, FameFlash

VICKY'S SISTER TALKS TO NOW:

'HER NEED TO BE PERFECT COMES FROM BEING INSECU

We find out all the goss on I'm A Celeb star Vicky Pattison from her sister Laura

When Vicky Pattison first hit our screens on Geordie Shore and introduced the word 'mortal' into our lives, there was no doubt she'd go far. With physical fights, sex on TV and a constitution that must leave her liver begging for a reprieve, Vicky, 28, has carved a career out of being a feisty Geordie lass.

But in the I'm a Celeb jungle, we've had a rare glimpse of a different side to her – a more vulnerable and grown-up version, but one that her younger sister Laura describes as 'the real Vicky'. 'She's kind-hearted and genuine and people have been able to see the real her,' Laura, 24, tells us. Talking exclusively to Now, Laura – who works as her sister's PA and has just picked up the keys to Vicky's new house – lifts the lid on all things Vicky.

Laura, have we finally seen the real Vicky on I'm A Celeb?

One hundred per cent. That's the real her you've been seeing in the jungle. What you see is what you get with Vicky. Under it all she's just kind-hearted and a nice person. She's tough through years of doing Geordie Shore,

Laura says Vicky's body confidence has come a long way

and that's helped her in there, but the real her came out.

Has Vicky changed since Geordie Shore, then?

Everyone's different when they've had a few drinks and Vicky's the same. You were only seeing 60 minutes each week of the best bits and it was always when she was drunk. Being in the jungle's so good for her because she's not drinking and we've seen a different side to her, which is the Vicky I know.

Has she grown up a bit?

Geordie Shore started four years ago – she was just 23 and she's grown up a hell of a lot. She's matured into a lovely feisty woman! At 23 you don't know who you are – you're just finding yourself and I think she found herself throughout that time.

She told Susannah Constantine she regretted having sex in the Geordie Shore house and upsetting your mum. Tell us what happened then...

It was a tough time. The worst thing wasn't that my mum and her fell out, but that Vicky was *so* upset about it. You know what it's like when you're drunk and those cameras were there 24/7. I think she just felt she'd really let herself down. She's a complete prude.

Really?

She is! You can't talk about sex to her or anything like that. She couldn't even read the 50 Shades Of Grey books because they were too much for her! She doesn't like changing in front of people or being seen naked. She hates it.

How did your mum react to those scenes at the time?

Mum was like: 'I'm just not watching it any more,' and that was it. She's so, so proud of Vicky

TURN FOR MORE

I'm A Celeb

RE'

She regrets having sex on TV

We've seen a grown-up side to Vicky in the jungle

but it was tough because, top and bottom of it, no mum wants to see their daughter having sex on TV. Exactly the same for me – I didn't like it either. But when I spoke to Vicky afterwards she was so upset and so regretted it that I felt for her.

You say Vicky's a prude but her body in the jungle has become a bit of a talking point...

Her body's changed a lot over the years and this whole Photoshop thing is a bit much. In some of the shots people are talking about, I was there at the shoot and she did genuinely look like that – she *was* that small and she *did* look that amazing. Like any woman, her weight fluctuates and I think everyone's being a bit tough on her. She hasn't had time to train – she's got a very busy schedule.

But what about Instagram pics that she's filtered or altered?

We're all guilty of that – I do it on my Instagram. We all download these apps to make ourselves look perfect, but maybe it's more that she's insecure about the way she looks. You get a lot of trolls on Instagram saying horrible things and her wanting to be perfect comes from those pressures.

Do you think she feels that pressure to always look good?

Vicky's a confident girl, but it's very tough for anyone to see stuff like that. She might get hundreds of people saying she looks amazing but that one who says something bad will get her down. She feels pressure to look perfect and she's said it makes her feel insecure. We all filter ourselves and if you say you don't, you're a liar!

The sisters are close now but didn't get on until recently

A cheeky Vicky with Laura when they were little

Is she quite self-critical?

She'll look back at her time in the jungle and pick holes in herself, but I hope she'll focus on the positives and see how funny she's been rather than focusing on what she looks like. She's happy that people are seeing the real her and will be proud of that.

Do you think it's hard for her to strip down to her bikini?

Having the bottle to do that every day and shower in front of all those millions of viewers is proof she's come a long way. She's getting more confident in her body and her weight loss has helped. Even wearing no make-up was intimidating for her – no fake tan, no eyelash extensions, no hair extensions, nothing. She's used to wearing make-up every day and was worried how she'd look on camera. But she looks beautiful.

Is Vicky still a big drinker?

No, she's curbed it a lot these days – she's so busy that she can't go out and get mortal every night! She couldn't be a serious businesswoman at the same time. There's the odd night out, but not as much.

Do you go out drinking with her?

Yes, to keep her on the straight and narrow! But I can't keep up with her – when she gets started she can drink for England. Since she's lost weight, she doesn't drink as much because alcohol does have a lot of calories in it – you can't diet and still drink every night of the week. I think that's why she found being in Geordie Shore so hard and, ultimately, I think that was why she left. She can't be drinking every night and taken seriously.

Was Vicky a feisty teenager?

We used to argue like cat and dog – in fact, before she went to university we didn't get on at all. She was super-feisty but super-intelligent at school. All the teachers were like: 'She's fantastically bright but she's got some attitude on her!' But because she was so intelligent she didn't really have to apply herself. I think in her last year of sixth form she went in a handful of times and got three A-stars!

Are you seeing sides of Vicky even you didn't know existed?

Yes! I didn't know how much having sex on TV affected her. I knew it bothered her, but to bring it up with a virtual stranger in a really heartfelt conversation proved it must've really hurt her. I'm seeing more of a vulnerable side. I often just see the feisty side because she's my sister and she's my boss, but in the jungle she has nowhere to hide.

You say she's insecure – what do you think she craves?

Vicky would love to settle down with the right man. She's had a string of unsuccessful relationships and she craves a steady one. She's got this fantastic career, which is a good distraction, but she'd like that security of someone she loves. She needs a man rather than a boy. She's very driven and she knows her own mind, so someone younger wouldn't be right. They need to be very strong, to put her in her place from time to time. She'll definitely not have any kids though. Since she was young she's said that. I'd play with dolls and she'd play with Action Man. I don't think it'll change – she's adamant about it. She says it's because she's too selfish. She wants to find the perfect man and have a lovely life. We have great role models in my mum and dad, who've been married for 33 years. She just doesn't see that with children in it.

What's next for Vicky?

While she's been in the jungle I picked up the keys to her new house and I'll be moving in with her too. It's gonna be amazing!

Getting mortal with Marnie in Geordie Shore last year

Vicky has transformed her body with workouts and healthy eating

Words: Hannah Fernando. Photos: Rex

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KYLIE'S PLANS TO ELOPE

Kim and Kris to hire a detective to scupper Kylie's wedding plans

When Kylie Jenner first started dating rapper Tyga, everyone assumed it would be over in a matter of weeks. But months on, they're still together and things are getting *very* serious.

Realising that marriage – or rather an elopement – is on the cards for the 18-year-old, her mum Kris and sister Kim Kardashian have discussed hiring a private investigator in a bid to find out if she's simply being used by Tyga, 26. An insider tells Now: 'Kris and Kim plan on getting a PI to check out Tyga after Kendall told them that Kylie and Tyga plan to elope soon because he's so "desperate" to marry her. If she elopes, it will be without a prenup – which is what's causing big alarm bells.'

'KIM WANTS TO EXPOSE TYGA'

We can see why the family have concerns – not only did dad-of-one Tyga launch a porn site called rackcityxxx.com in 2012, he's starred on it himself, saying: 'I wanted to be involved in the sexual part of it – how far can I actually go without actually doing porn? I think every guy thinks about that.' And in July, it was alleged Tyga cheated on Kylie with transgender actress Mia Isabella – who he'd had an on/off relationship with for years – after a website leaked screen shots of texts between the pair. He denied the allegations.

This isn't the first time the Kardashians have used a PI. In April 2013, Kim hired a detective to spy on Scott Disick, fearing he was cheating on Kourtney. A tracking device was put on Scott's car, his phone records were checked and photos taken of him out partying because Kim, 35, thought he was 'acting shady.' But her attempts backfired as Kourtney threw Kim out of her Miami mansion and chucked her clothes out onto the street.

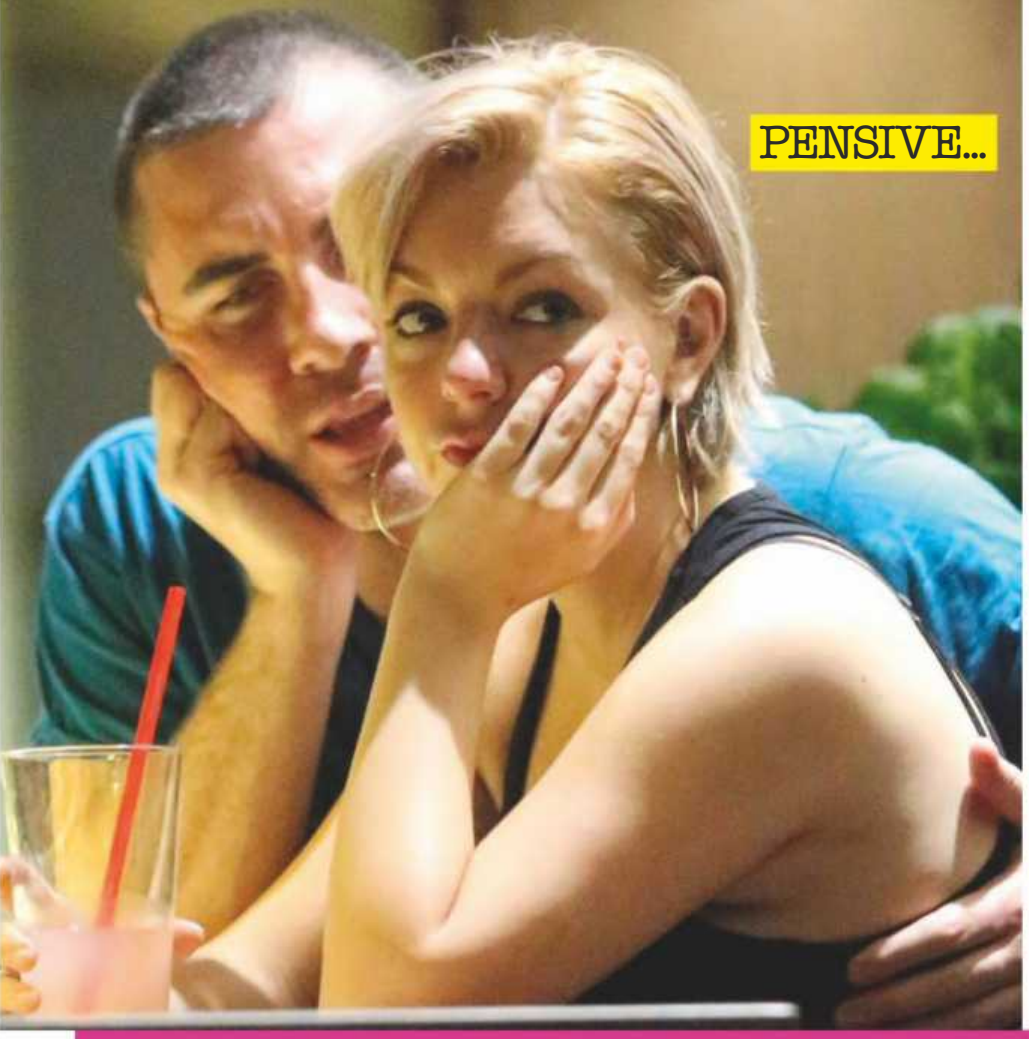
That hasn't stopped Kim from being determined to expose Tyga. Our insider adds: 'They believe he's a loser and are horrified by how he treats her. Kylie got wind of rumours he was out partying with other girls while she was working in Australia last week and all hell broke loose. She arrived back to confront him and they split, but only for a couple of days before he persuaded her it was lies.

'Now she's saying she won't leave him alone, so her work needs to fit around him or else he has to come with her. But Kris is saying: "No daughter of mine should be acting or treated like a fool."'

And Kris's fears of an elopement were cemented last week when Kylie was asked at the after-party for the American Music Awards if she was getting married. She replied: 'Yes.'

Kris doesn't want Kylie to be treated like a fool

Words: Lucretia Munro. Photos: Splash, Getty



SHERIDAN'S T
DRAMATIC R

She's back with her dad-of-three boyfriend – but as always with Sheridan, things aren't

Sheridan and Greg left the restaurant together

Yes, we've all been there... a few wines, a reunion with an ex and the obligatory tears. And Sheridan Smith is no different! She and her ex Greg Wood were papped on an emotional night out, which saw Sheridan, 34, break down in tears.

During the meal at Italian restaurant Vapiano on London's South Bank, the pair kissed and embraced – but the meeting didn't look like an easy one. Hardly surprising, perhaps, after their acrimonious split in July, when Sheridan took to Twitter to call Greg an 'idiot'.

The pair had previously kept their relationship out of the spotlight and only went public in early 2015. At the time of getting together, Greg, 36 – who plays Trevor Royle in Hollyoaks – was still married, but in the process of divorcing wife Catherine.

'SHE'S STILL IN LOVE WITH HIM'

After his marriage breakdown he was also linked with Hollyoaks co-star Tamara Wall, 36, who plays his on-screen girlfriend Grace Black. And it seems this alleged link with Tamara was behind his summer split with Sheridan. At the time of their break-up, Sheridan launched into a tirade on Twitter, writing: 'Just been hurt by an idiot boy again... but not gonna lower myself to his standards :) love & light'.

Referencing Greg and Tamara's Hollyoaks characters, she also Tweeted: 'Grace and Trevor are real-life cheats, not me. She's the real marriage breakdown. Poor three kids.

TEARFUL, REUNION

that straightforward...

I'm outta here, and never met or confused them.'

She also directed a seemingly sarcastic tweet at Tamara, saying: 'Let's give @tammiew a big shout out coz she's so honest and lovely.' Sheridan signed off saying: 'Onwards & upwards! Homeward bound! Can't wait to see me dogs, loyal as anything :)'.

For many it comes as a surprise that she and Greg have rekindled their tempestuous romance. However, our insider tells Now: 'Sheridan was heartbroken by her split with Greg but she never stopped loving him.' Let's just hope their next date is a happier one...

Words: Rosie Gizauskas. Photos: Famefynet

3 for 2

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Ashley arrived with a friend at Mayfair's Sexy Fish recently...

...and was soon joined by David

DAVID & ASHLEY ARE DATING!

The BGT judge has been spotted having dinner with MIC's Ashley James

We love a new celebrity couple in the making – and this one combines the reality world of Britain's Got Talent with the posh Made In Chelsea circle. David Walliams, 44, has been spotted having dinner with 27-year-old former MIC star Ashley James and a group of their friends at hot new London restaurant Sexy Fish. She was also rumoured to have been his date at Jonathan Ross's star-studded Halloween bash last month.

Ashley's keeping quiet on the romance, saying: 'David's an amazing guy, but I'm not going to discuss our personal life.

Ashley dated MIC co-star Ollie for a few months in 2013

We're hanging out and he's great.' But the key words here are surely 'we' and 'our'...

An insider tells Now that their romance is a 'slow burner', adding: 'David's made his feelings clear. He recently sent her a big bunch of white roses and a card signed DW. They're both very flirty and it's clear there's a huge attraction there, but David is cautious about entering into another relationship. They tend to hang out in a group and she'll take along friends when she visits his house.'

> 'THEY'RE TAKING IT SLOW'

Intriguingly, Ashley Tweeted: 'In a room full of art I'd still stare at you,' on the same day they were spotted together. And just days earlier, they were seen eating at Scott's restaurant in Mayfair with David's pal Elton John.

Another insider close to Ashley says: 'Things between them have been escalating in recent weeks. Ashley's been his plus one at dinner parties and birthdays and his friends really like her. But it's early days and they both want to take their new romance really slowly.'

David got divorced from model Lara Stone in September after five years of marriage and they have a two-year-old son Alfred. Ashley previously dated radio presenter Matt Richardson and fellow MIC star Ollie Locke. Watch this space...

Words: Rosie Gizauskas

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'SPENCER WILL BE FEELING VERY LOW'

Ex-user Elijah Staugas tells how hard it is to come off steroids

Spencer started taking the pills to bulk up for a boxing match

Spencer Matthews was all set to be one of the big stars of I'm A Celebrity – until the announcement that he'd left the show after just a few days due to 'health reasons'. But it quickly became clear that actually meant a previously secret addiction to steroid-based medication.

The MIC star had hidden his steroid use from the show's producers but soon reached breaking point and asked for pills. The producers had to refuse as steroid use is illegal in Australia and the UK without a prescription – with a maximum sentence in the UK of 14 years for 'dealing', which includes giving them to others.

We spoke to Elijah Staugas, 30, a former steroid user, who explained how Spencer would have felt when he went into withdrawal. 'When you take steroids you feel like a superhero,' says Elijah. 'The side effect is your body gets lazy and stops producing hormones properly. It starts to shut down. When you come off them you feel tired, weak and depressed.

'When the producers told him he couldn't take the steroids, Spencer would've felt desperate and inadequate as his testosterone levels crashed. Some former users put on weight, too, as they no longer have the motivation to train as they were before.'

> 'COMING OFF, YOU GET TIRED, WEAK & DOWN'

Side effects of taking steroids can include heart problems, liver disease, depression and altered moods, including aggression and irritability.

In a statement after his exit, Spencer, 26, revealed why he'd been taking the drugs, saying: 'Vanity, I suppose, had been the reason for wanting to bulk up a bit for [a box match]. I had intended to come off the pills gradually, but there was no time to do this before I reached the jungle. My admission to the production team that I was still taking these pills led to the conclusion it would be unsafe for me to stay. Taking these pills was a serious error of judgement, which I hugely regret.' He's now reported to be heading to rehab.

'Your body starts to shut down,' says Elijah

Words: Rosie Gizauskas. Photos: Rex

Kylie Jenner, 18

Kylie started having work on her face when she was just 17. Despite denying it for months, she finally 'fessed up to fillers on an episode of Keeping Up With The Kardashians.

Miley Cyrus, 23

Miley is no stranger to showing off her body, but what about her face? Dr Esho says: 'I think Miley's skin has a more waxy, frozen appearance than it did before, which could be due to low-dose Botox, especially on the forehead area.' He also believes Miley's nose 'has shown significant change, with it now looking much more streamlined. This is likely due to a subtle rhinoplasty, which has given great results.'

THE RISE OF 'BABY FACE'

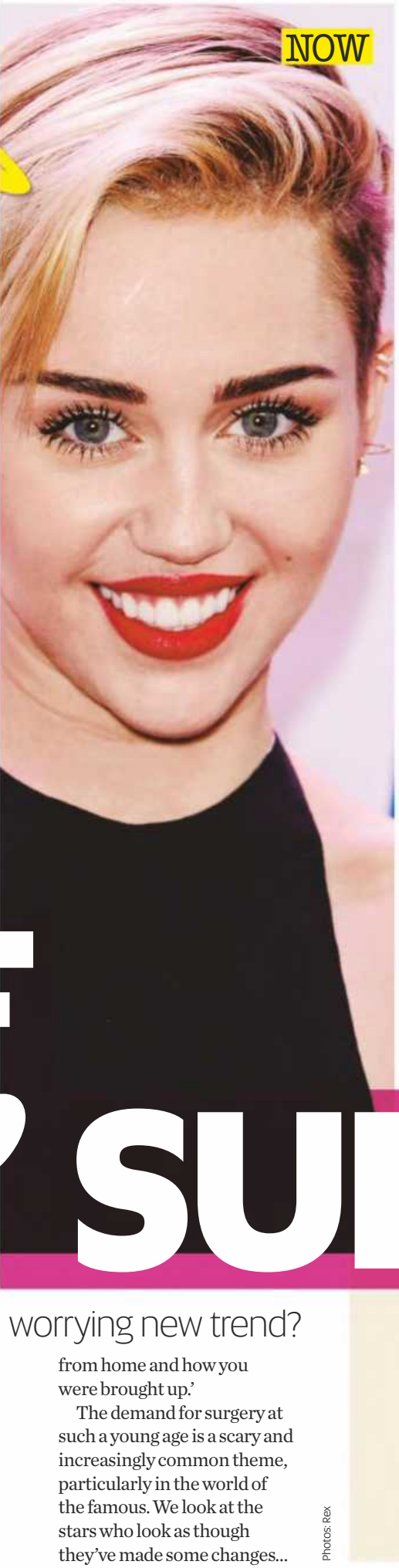
The urge for perfection has seen baby-faced stars meddling with nature – is this a

If you thought cosmetic work was just for older celebrities hanging on to their youth, think again. Welcome to the rise of baby-face surgery, sweeping the celebrity world.

Kylie Jenner denied having had lip fillers at first, attributing her look to lip liner. But she then admitted she was just 17 years old when she tampered with what Mother Nature gave her and her transformation's been well documented, along with her family's love of surgery. Khloé once claimed that their mum Kris wanted her to get a nose job at the tender age of *nine*.

Celebrity cosmetic doctor Tijion Esho of Le Beau Ideal aesthetic clinic tells Now he's had several requests for underage surgery and, shockingly, has had parents bring their children in to get their lips done at just 16. 'The worrying thing is young children today are in too much of a hurry to grow up,' Dr Esho tells us.

'No longer do they want to enjoy their youth and the innocence it brings. People are quick to blame the media and celebrity influence, but I think a lot of it also comes



Ariana Grande, 22

Ariana also looks like she may have had a 'subtle rhinoplasty' according to Dr Esho. 'Her nose used to look slightly wider and the tip of her nose appeared bulbous. This is no longer the case, making a rhinoplasty likely – although extremely subtle.' Dr Esho adds: 'Her lips are also slightly larger in volume, which could have been achieved by fillers – similar to Kylie Jenner.'

? SURGERY

worrying new trend?

from home and how you were brought up.'

The demand for surgery at such a young age is a scary and increasingly common theme, particularly in the world of the famous. We look at the stars who look as though they've made some changes...

Photos: Rex

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ADELE'S WEIGHT LOSS SECRET

And guess what? You won't need a Nutribullet!

Adele's looking *amazing* right now – three years after giving birth to her son Angelo she's slimmer than ever, having dropped around two dress sizes. And now she's revealed how she lost the pounds and got her slamming new body.

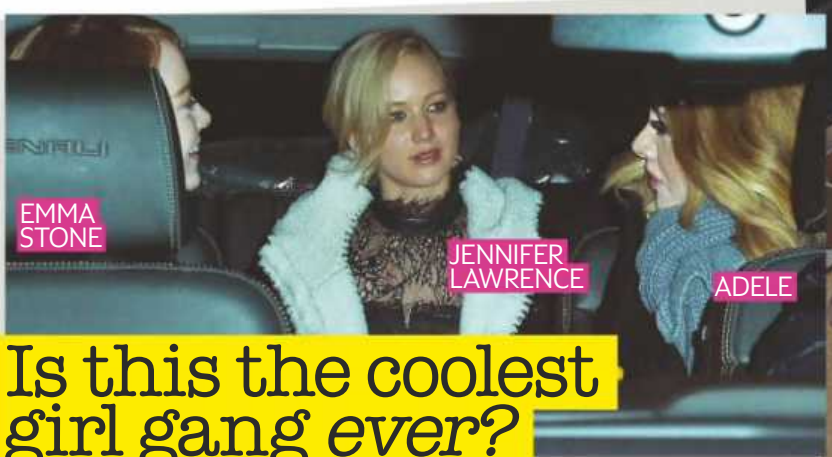
Back in 2011, Adele, 27, admitted she wasn't a fan of diets and exercise. 'I don't like going to the gym. I like eating fine foods and drinking nice wine,' she said. But she's recently been on a health kick, quitting smoking and only having one drink a week.

'I used to be able to drink anyone under the table,' she admitted, adding that she's now 'trying to be healthy' and regularly drinks green tea, which speeds up the metabolism. 'I'm trying to be veggie,' she said. 'I have to be really healthy.'

Once a gym-phobe, she's been working out and goes jogging with partner Simon Konecki, 41, 'to get in shape for myself, but not to be a size 0 or anything like that'. But she's no gym bunny. 'I don't enjoy it,' she admits. 'I like doing weights – I don't like looking in the mirror.' We know that feeling!

2008
The curvy singer admitted she wasn't a fan of the gym

Now Adele's dropped two sizes and is in her best shape ever



Is this the coolest girl gang *ever*?

We had serious #squadgoals when we saw Adele going for Mexican food in NYC with none other than J-Law, 25, and Emma Stone, 27. It's not the first time Adele's hit the town with Jen – they went out with her Hunger Games co-stars Josh Hutcherson and Liam Hemsworth the week before. Surely it's only a matter of time before Taylor Swift is on her speed dial too?

Words: Rosie Gizauskas. Photos: Rex, Xposure

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NEED TO Know NOW!

All the news, none of the snooze

RITA'S SECRET SCHOOL PHOTO ALBUM

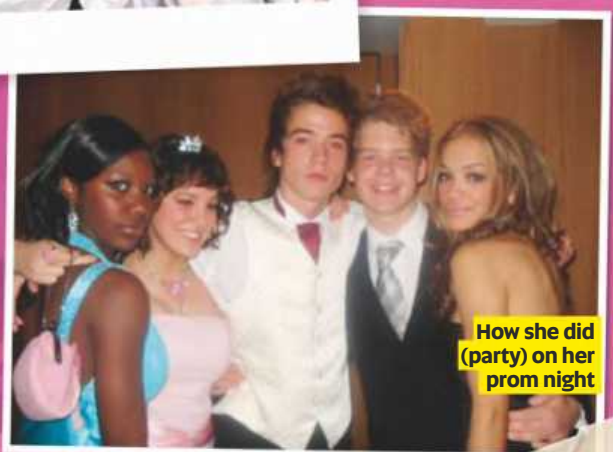
Rita was hot back then too, but Jamie Blackley (front) wasn't interested

She has her pick of the world's hottest men now, but as these never-seen-before pics from a new book reveal, teenage Rita Ora had eyes for one boy – who didn't fancy her! As a student at Sylvia Young Theatre School in London, Rita had a crush on a boy called Jamie Blackley.

'They were best friends,' a former classmate tells us. 'But to my knowledge it was never anything more. At parties, they had a kiss from time to time. Jamie was handsome and Rita was beautiful, so it would've made sense, but it just didn't happen.' Jamie, 24, is now a Hollywood actor, starring in If I Stay, and dates actress Amy Wren. It seems he was 25-year-old Rita's one who got away...

TURN FOR MORE

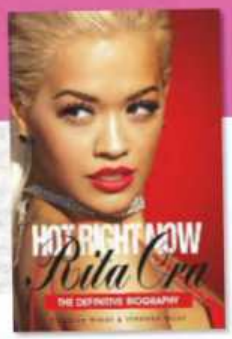
Rita attended Sylvia Young Theatre School between 2002 and 2007 and admits she wasn't exactly a star pupil. 'They focused on singing musical theatre songs and I was never that kind of singer,' she's said. 'Going there was an amazing experience, but I was naughty growing up. I was mouthy and cheeky, messing around a lot.'



How she did (party) on her prom night

Rita attended her school prom with her friend Jamie Everson. A school pal tells us: 'We had an amazing after party at his house in Kent. That was messy! His parents put on a huge buffet and we snuck in drinks. We slept on sofas and on the floor. It's my last memory of everyone together.'

Hot Right Now: Rita Ora – The Definitive Biography by Douglas Wight and Jennifer Wiley is out now (£14.99, 22fivepublishing)



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Adele FINALLY announces tour

'Not going to play live? Er, *Hello...?* Of course I am'

Not content with ruling the charts – and our hearts – Adele's only gone and announced her first tour in four years. She'll be performing 36 dates in the UK and Europe from 29 February 2016 – even though she told Graham Norton she wasn't sure if she'd tour her new album.

Adele, 27, admitted in a video: 'I've been bluffing this whole time and I'm so relieved to finally tell you that I am, of course, coming on tour and I can't wait to see all of you there. So see you all very very soon!' The next question is: will she headline Glastonbury next year? Place your bets now...

KATIE: 'I WANT TO GO ON STRICTLY!'

Katie Price, 37, has admitted tuning in to see ex-husband Peter Andre, 42, on Strictly Come Dancing, telling Good Morning Britain that – despite saying she wouldn't – she *has* tuned in to several shows featuring her ex, alongside her children Junior, 10, and Princess, eight. But will she one day give the show a go herself? 'They do say if you can dance it's a harder show to do, so maybe if they put me in it, it'd be good because I can't dance!' she said.

TATT'S ALL, FOLKS

Ouch! That looks ink-redibly painful, Kaley

After splitting with her husband Ryan Sweeting, The Big Bang Theory's Kaley Cuoco has decided to cleverly cover up her wedding date tattoo with a butterfly design – or is that a moth? The 30-year-old actress posted photos of the process on Instagram, writing: 'Note to self – do not mark your body with any future wedding dates. #under30mistakes'. Duly noted, Kaley.

JESY DROPS OUT OF LITTLE MIX TOUR

Jesy won't be promoting Get Weird until she gets well

Poor Jesy Nelson has been forced to pull out of Little Mix's promotional tour of Japan due to illness. The 24-year-old revealed last week: 'Hey guys, unfortunately I have a bloody horrid ear infection that is not allowing me to fly and see you beautiful Japanese mixers.'

The other girls wrote on their Twitter account: 'Gutted our beautiful Jesminda won't be in Japan with us BUT we wouldn't miss this trip for the world! So excited!' Aww, get well soon, Jesy.

Words: Louise Bennett and Rosie Cizauskas. Photos: Rex

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NOV 2014

A year on from becoming a dad, Si's trademark white shirt wasn't quite so tight...

NOW

...and he's since succumbed to the paunch of parenthood

SIMON'S GOT A DAD BOD!

Has fatherhood finally caught up with the X Factor boss?

Hello there, belly! No, not ours – Simon Cowell's. Now that he's a dad, it looks like Si, 56, might be letting things slide a *liiittle* bit. But that's understandable, what with a partner and a baby and nights in front of the telly like a normal person. With a private chef, of course. And a house in Barbados. And a home cinema.

While girlfriend and mother of his son Lauren Silverman, 38, has sprung back into shape since the birth of baby Eric 21 months ago, Simon's now the one who's packing on a few extra pounds – showing off his new dad bod at the ITV Gala Awards in London recently. Even his flies appeared to be struggling to stay up.

Relaxing with his mini-me Eric last month

In the past, Simon lost weight on a healthy eating and exercise plan devised by his ex-girlfriend Sinitta, 52. She said: 'I [bully] him into exercising, especially when we're away on holiday together as I'm like the personal trainer.' She even revealed that she forced him to install an exercise bike on his super-yacht. However, we're guessing that now Lauren's in charge, things are *slightly* more relaxed in the Cowell household.

It's OK, Si – dads are *meant* to look like this. Unless they're David Beckham, obviously.

No flies on Lauren, who looked every inch the yummy mummy at ITV's Gala Awards

Words: Rosie Gizauskas. Photos: Rex, Xposure

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TAYLOR'S CHRISTMAS LOVE CURSE

Can Talvin survive Tay's unluckiest time of year?

Rumours of a Talvin break-up have been rumbling for weeks – but after Calvin Harris was spotted in the crowd at Taylor Swift's Miami gig last month, it silenced any suspicions they were heading for a split.

Even so, Taylor's romantic track record during the festive period isn't great. She's previously split with three boyfriends over Christmas and New Year – and with her 26th birthday looming on 13 December, we bet she'll wish to hang onto Calvin, 31, when she blows out her candles.

Calvin was said to be joining Tay and her family for Thanksgiving last week, but it looks like their plans changed at the last minute as she was in New Zealand filming her latest video before heading to Australia for a string of concert dates. It's doubtful Calvin will be able to jet out to join her as he needs to stay in the States for his DJ-ing commitments – and he's looking after her cats! Let's hope their time apart at this crucial time of year helps Swifty to break her Christmas curse...

We hope Talvin are still a thing when the Christmas decorations come down

The ex-mas files

JAKE GYLLENHAAL
Dec 2010

Taylor and Jake, 34, were last pictured together in early December and by the end of the month their three-month romance was officially 'off'. The following year Taylor admitted: 'I have this great life right now and I'm not sad and I'm not crying this Christmas, so I'm really stoked about that.'

DECEMBER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JANUARY

1	2	3	4

HARRY STYLES
4 Jan 2013

She'd been dating Harry, 21, since November 2012, but Taylor flew back from their New Year holiday to the Virgin Islands early, while Harry headed off to party on Necker Island – leaving Swifty to cryptically Tweet: '...till you put me down'.

TAYLOR LAUTNER
Dec 2009

The two Taylors hooked up while filming Valentine's Day earlier that year. But after the actor, 23, flew to Nashville to celebrate Swifty's birthday on 13 December the romance fizzled out and they decided to just be friends. The news broke they'd ended it between Christmas and New Year.

Words: Louise Bennett. Photos: Splash, Rex, INF

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2

3

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FOREVER 21

KENDALL JENNER

Kendall's our ultimate style crush, looking effortlessly cool in this lightweight jacket.

4

PERRIE EDWARDS

Little Mix's Perrie works 90s chic in dungas and brown lippy, but we can't help but love her awesome accessories!

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Words and styling: Sarah Bradbury

RESCUING *the* BLAND

The hottest news from over there is in here

Hollywood Now

IS ANGE'S NEW FILM A DIG AT JEN?

By The Sea's plot seems to echo Brad and Jen's marriage split

We've been waiting eagerly for Angelina Jolie and Brad Pitt's new film By The Sea, about a couple trying to save their marriage. But the plot of the film – written and directed by Ange – is *very* familiar. With the on-screen couple assessing their marriage by the, er, sea, it's eerily similar to Brad's 2005 attempt to save his marriage to Jennifer Aniston in the Caribbean, before they announced their divorce.

An insider says: 'Jen's upset all the stories about her break-up with Brad are resurfacing. The situation is definitely messing with her head.' Ange insists the film is based on the 2007 death of her mother Marcheline Bertrand. But we can't help thinking that Jen, 46, might have a point...

Brad and Ange as Roland and Vanessa

The spooky similarities...

Is By The Sea a case of art imitating life?

IN THE FILM
Angelina, 40, and Brad, 51, play Vanessa and Roland, a married couple heading off for a seaside holiday in a desperate attempt to salvage their marriage.

IN REAL LIFE
Jen and Brad went on holiday to Anguilla in the Caribbean to do the same – but the idyllic surroundings didn't stop them splitting up.

Brad and Jen's emotional stroll in Anguilla

IN THE FILM
Angelina has mid-brown hair with highlights.

IN REAL LIFE
Jen's trademark hairdo is uncannily similar.

IN THE FILM
Vanessa and Roland spy on a young couple through a keyhole in their room.

IN REAL LIFE
Brad and Jennifer were subjected to extreme press intrusion in the months leading up to their split – a situation Jen has since likened to being spied upon.

By The Sea is at cinemas from 11 December.

TURN FOR MORE

Hollywood Now

Battle of the boys

Words: Rosie Gizauskas. Photos: Rex, INF

The heat was on between teen idols Justin Bieber and One Direction when they released albums in the US on the same day. Justin, 21, was victorious, just beating One Direction's Made In the AM to the top spot with his album Purpose. But celebrities were divided about which team they were on...

SUPERSTAR SUPPORT

Team Bieber

Model Karlie Kloss, 23, was reportedly overhead at the gym giving Biebs a backhanded compliment. 'She was stretching and rocking out when she turned to a classmate and said [of Bieber's new record]: "I really don't want to like it, but it's just too good,"' said a bystander.

Team 1D

Simon Cowell, 56, Tweeted: 'So proud of @onedirection – I do think this is their best album to date. Thank you for all of your support.' Although maybe he *is* biased...

BODY SHOCK!

He's known for his rippling torso, but Chris Hemsworth, 32, posted this shocking Instagram picture of himself last week. It was captioned: 'Just tried a new diet/training program called Lost At Sea. Wouldn't recommend it,' referring to his latest movie In The Heart Of The Sea, in which he plays a shipwrecked sailor. He's been sticking to a punishing 500-calories-a-day diet for the role.

5 Second Stories

Clooneys' love nest

George Clooney, 54, and wife Amal, 37, have built the world's most pimped-up love nest in the grounds of their £10 million Berkshire mansion. It may only be a wooden hut, but it has its own wood burner and a swing chair. Very romantic.

Sneaky Amy

Trainwreck star Amy Schumer, 34, snuck into a screening of The Hunger Games: Mockingjay – Part 2 without anyone clocking her to support her BFF Jennifer Lawrence, 25. Now that's someone we'd *love* to share our popcorn with.

Bouncing back

Joe Jonas, 26, has been seen moving out of the home of his ex Gigi Hadid, 20. And among the items spotted during the move? Um, a trampoline. Gigi's now dating Zayn Malik (see Lovejuice on p4).

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INSTAPIX OF THE WEEK

Fun, filtered and far too revealing – the lives of the stars on social media

HAPPY FAMILIES
Jacqueline Jossa and Dan Osborne's nine-month-old daughter Ella has parental inspo for selfies.

FOREVER FRIENDS
TOWIE's Gemma Collins and Bobby Norris are pout of this world in this snap.

STAND BY YOUR MAN
Lauren Goodger is back with boyfriend Jake McClean. Literally standing by her man...

SISTER, SISTER
Good looks clearly run in the Ora family! Rita poses up a storm with her older sis Elena.

A LOAD OF PONY
Forget horse-riding – Grace the donkey is the perfect size for petite 5ft 1in Geri Halliwell!

Words: Rosie Grauskas

Josie Gibson's **LBD** diet!

JOSIE: 'I'm find my boyf this Chr

Josie Gibson reveals her stay-slim party secrets and who she'll be snogging under the mistletoe...

She's our fitspiration, having maintained her amazing 6st weight loss after dropping from a size 22 to a size 10 in 2012. And this year, Josie Gibson will be rocking an LBD at Christmas as a single woman – with mistletoe in hand! In a Now exclusive, Josie, 30 – who runs nutrition and fitness website slimmables.com – reveals all about her Christmas plans, secret man and how she's kept her figure but still eats cake and carbs!

Josie, you look fabulous...
Aww, thank you. When I was a size 22 I'd never have worn a little black dress. I always wore floaty maxi dresses. I had massive legs!

How do you feel about your body now?
Really lucky. I lost a lot of weight around my waist so I love wearing LBDs, especially body-con styles. They suit me best.

Are you working out more ahead of party season?
Yeah, of course. I let go in the summer and drink a lot. Then at the end of October I try to get in shape for Christmas. January is like: 'This is a fresh year, I'm going to set new goals.'

Will you stick to your diet over Christmas or indulge yourself?
Christmas dinner is my favourite food ever. I love it! I'm a roast dinner connoisseur. And it can actually be quite healthy. I always eat what I like one day

JOSIE'S FESTIVE STYLE GUIDE

What are your top tips for looking good at the Christmas party?
Wear something you can dress up with other stuff, like different necklaces and scarves. Choose a length that's just past the knee – and look for good quality fabric so it'll last. I always buy clothes that I don't have to iron – I hate ironing! Shaping underwear is great for sucking you in but it does give you a sweaty minnie [laughs]. I find it so uncomfortable! I like to let loose so I hate underwear.

Is there any style you'd never wear?
I don't really suit skater dresses. But then I went to Chi Chi London the other day and they do these little dresses that really do suit me. I'll be 31 next month so I can't wear what I wore last year. I feel like I'm at the stage where I'm dressing much more elegantly.

Who are your fave fashion icons of 2015?
I used to think Rita Ora's dress sense was terrible but my opinion's changed. She's quite funky. The Kardashians always look glam – especially Kendall Jenner. Oh, and Jennifer Lawrence! I love her. You can tell she's one of those people who'll never let fame go to her head. She always looks so glamorous but she's still a real girls' girl.

I going to self a riend istmas!'

THE BIG INTERVIEW

a week, from Saturday afternoon until Sunday evening. That's how I've managed to keep my weight off. I eat well 80 per cent of the time, then the rest I let loose.

What are your Christmas plans?
Oh my goodness. Christmas and New Year... this is really sad, but I won't be celebrating Christmas this year. I'm going to work. I find Christmas boring.

Why's that?
Because I don't speak to my mum. I think my brothers might come round, but I've worked so much this year I haven't had the chance to spend time with them, so we've drifted apart.

Would you like that to change in 2016?
Yeah, I'd like to

Josie went from a size 22 to a 10 in 12 months

'I EAT WELL 80% OF THE TIME'

TURN FOR MORE

spend more time with my family – but not my mother. We've never really got on. It's always a bit awkward at Christmas. There's never a family get-together – there's always arguments, so normally I just go away.

The thought of you being alone at Christmas makes us feel sad...

I tell you what, I'll go out! I'll go down the local pub and have a turkey dinner there.

Sounds like a plan! How's 2015 been?

A roller coaster. Very, very hard work. Probably the hardest year of my life.

Oh no, why?

I started my business Slimmables and I'm launching an app in January, but I've had so many obstacles. I've had some issues and lost a lot of money. I always see the good in everybody but now I'm very particular about who I let in. I don't trust people very easily.

Are you OK now?

I've had to change who I am. I used to be so laid-back and soft, but you can't run a business like that. It gets to a point where you just lose yourself. I didn't really know who I was any more. Sometimes I've worked 16-hour days. I've felt very alone this year.

She was with ex-fiancé Luke for five years before they split in April

That's so sad. What's happened?

Well, it all started when I split up with Luke [Sanwo]. I really rate that bloke – he wasn't just my boyfriend, he was my best mate – but the sexual attraction had gone. I think that hit me more than I let on. Then I started my business and I didn't have time to go out with my friends, so I lost a few mates. I've sacrificed a lot for my business, so I'm just trying to find a happy medium.

Who would you like to kiss under the mistletoe?

Oh, everybody and anybody! Anyone who'll have me!

Got your eye on anybody?

Oh no, I'm not picky. I don't even want a kiss – just a cuddle will do [laughs]. The thing is, I don't ever fancy anybody.

Not even any celebrities?

I always thought Joe Swash was lovely, but he's a lot shorter than me. If Simon Cowell was taller he'd be right up my street. I love an older man. I want a Richard Gere.

A silver fox?

Yeah – someone I can call Daddy [laughs]. I want to be looked after.

'I FANCY SIMON COWELL'

Have you had any dates this year?

Not one. I've had a few sniffing around on Twitter, but nothing major. People don't chat me up.

Don't celebs ever Tweet you?

Erm... [laughs]. I've had one person ask me out. But I don't know whether it was just work related. He's a celebrity chef. I'll tell you later... [laughs]

A chef? Sounds perfect!

Yeah, that's what I thought. And he has a lot of banter, but I'm so rusty I wouldn't even know if

I was getting chatted up or not! And I'm scared. It's bloody scary.

Why are you scared?
I was with John James [Parton] for just over a year and then I was with Luke for five years and we were engaged, so to meet someone new is terrifying. I've been talking to John James actually, but not like that. I just think: 'Oh God another relationship, will I get hurt?' I can't handle it.

Would you get back together with John James?
No, he lives in Australia. But I could never go back – not that he'd want me.

So you must really be looking forward to 2016 then?
I can't wait. I've let myself go this year. Next year, I want to train a lot more and work on my appearance. My face has taken a proper toll now – it really ages me. It doesn't help when people say you look really old on social media. I get a lot of that.

How rude! What are your thoughts on surgery?
I had filler in my lips once and I thought it suited me, but when I see the pics, I looked like a duck. And about a year ago I had Botox in my forehead but I've still got wrinkles. I probably would have it again, but I don't like feeling like I can't frown. I like people to know that I'm angry [laughs]!

You've said you want a tummy tuck. Are you still going ahead?
I wanted to see if I could get rid of it by working out but the trainer said: 'It's not fat, it's skin.' So I can't lose it unless I have the op – but if I did I'd feel like I'd be letting people down. I was once told I had more skin on my belly than a Shar Pei puppy. I can't say who, but they should be ashamed of themselves. That's what made me want a tummy tuck.

Well, we've got a feeling 2016 is going to be brilliant for you!
Yeah, I'm going to go out and find myself a boyfriend! But if I don't, then I'm quite happy with the girls. My birthday's in January, so I'll have a big party too...

How to get LBD-ready for Xmas!

Last year, Josie didn't work out over Christmas and gained a few pounds but she reveals: 'As soon as I work out again, it just falls off. I'm a real foodie so it can be hard. But I exercise a lot.'

She adds: 'I'm a personal trainer and a nutritional adviser – I like being fit. I do fluctuate between a size 10 and a size 12 but I'm 5ft 11in. I go between 10st 7lb and 11st. It goes straight to my hips and my belly. But I enjoy burning it off again!'

HER BEST DIET TIPS...

'Eat little and often. I eat loads! I probably eat more now than I did when I was fat.'

'I split my food up into three categories: RED FOODS which are "bad", like sugary processed snacks and horrible fats. AMBER FOODS like sweet potato, root vegetables, wholemeal pasta and all the gluten-free carbs. GREEN FOODS I can eat as much as I want of these, so loads of fruit and veg. I make sure I have one of my amber foods every day, the rest green and then I'll have a red "cheat" meal once a week.'

'For breakfast I'll have porridge from my "amber" foods and the rest of the day I'll have "green" fruit, veg and meat, which I eat as much of as I want.'

'I have to watch myself with portion control. I have to think to myself: "Do I really need all that?"'

'Don't have bad food in your cupboards! People say it's so expensive to eat well – it's not. Go to the butcher's, the fruit and veg shop – it's cheaper.'

Josie's top moves to get in shape

1) FROG JUMP

OK, you've guessed it. This exercise involves jumping around on the floor like a frog. Sounds silly – and feels silly! – but think of those buns. Squat down like a frog before jumping forward, to the right, backwards, then left, and back into the starting position.

2) SQUAT-BURPEE JUMPING JACKS

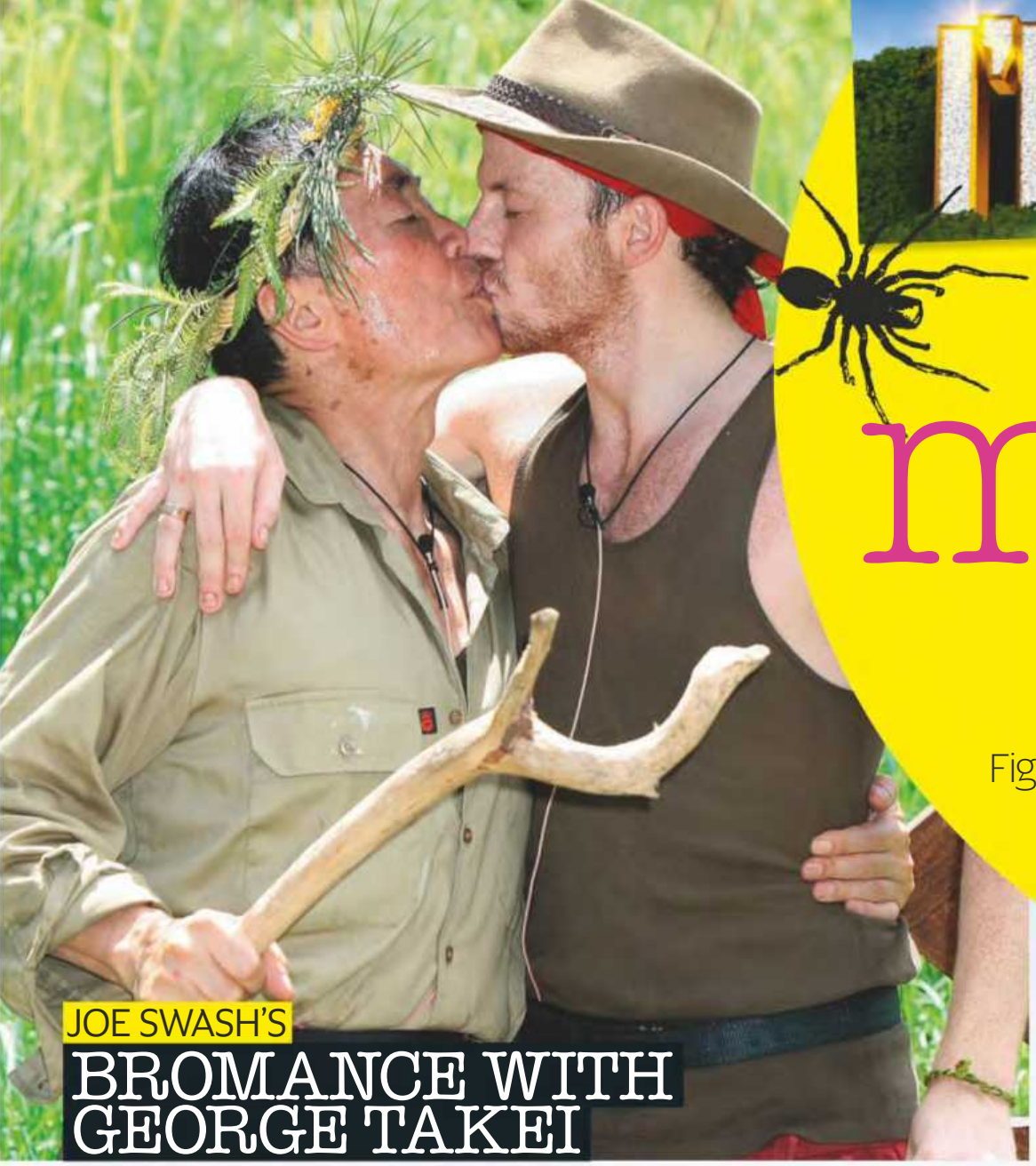
Josie tells us this one is really good for your legs. You start by bending down with your hands flat on the floor in front of you before kicking your legs out behind you so you're in the plank position. Then jump both legs apart and bring them back together at the centre and jump back forward into a standing position. And do it all as fast as you can! We. Can't. Breathe.

3) SQUAT JUMPS

Josie calls these 'really easy' but we're not convinced! Squat down as you would with a standard squat but as you come up, jump into the air, pushing your bum forward and lifting both feet off the floor. Land back in a squat position and repeat.

Josie aims to work out every day to maintain her slim bod

Words: Amy Brookbanks. Photos: Vincent Dolman. Styling: Trudie Le Marie. Hair and make-up: Charlotte Gaskill. Art direction: Carol Hendry. Previous page: berry dress, £25, boohoo.com. Shoes, £55, Debenhams. Earrings, £10, Topshop. Black dress, £40, ASOS.com. Earrings, £4, Primark. This page: dress, £20, boohoo.com. Shoes, £24.99, New Look. Earrings, £4, Primark. Necklace, £22.50, Topshop. Additional photos: Planet, Xposure.



I'M A C

Be
mom
eve

Fights, tantrums, romances
I'm A Celebrity – Get Me
it all. Here, we
iconic m

JOE SWASH'S BROMANCE WITH GEORGE TAKEI

Aside from Katie Price and Peter Andre's romance, one of the show's most touching relationships ever was Joe's blossoming bromance with Star Trek legend George in 2009. The two men were proper jungle buddies, with tactile Joe, 33, constantly smooching the 78-year-old gay actor and declaring: 'I love George. I've grown to love the man!' Aww.

GEMMA COLLINS QUITS AFTER THREE DAYS

She was the contestant everyone hoped would add much-needed drama to show last year. And she did, as hunger and sleep deprivation got the better of her. But no one expected TOWIE's Gemma to walk out after just three days. Explaining her decision, following reports she'd called the police after an alleged assault at home just before flying to Australia, Gemma, 34, said: 'What happened to me was horrific, but I thought: "I've got to do this for everyone who's supported me all those years on TOWIE." I didn't want to let anyone down.'

'I'm a smellebrity – get it out of me!'

FATIMA WHITBREAD GETS A COC UP HER NO

Oh jeez, we're still haunted by this. During the Fill Your Face trial in 2011, a pesky cockroach crawled up Fatima's nose and had to be flushed out by show

ELEBRITY

est ents er!

and full-on meltdowns, Out Of Here! has had look at the most oments...

KROACH SE

medic Bob. But the ex-Olympic javelin thrower, 54, bounced back – when asked how she felt after leaving the jungle, she said: 'It's a bit scary, isn't it?'

DEAN GAFFNEY'S BUSH SPA TRIAL

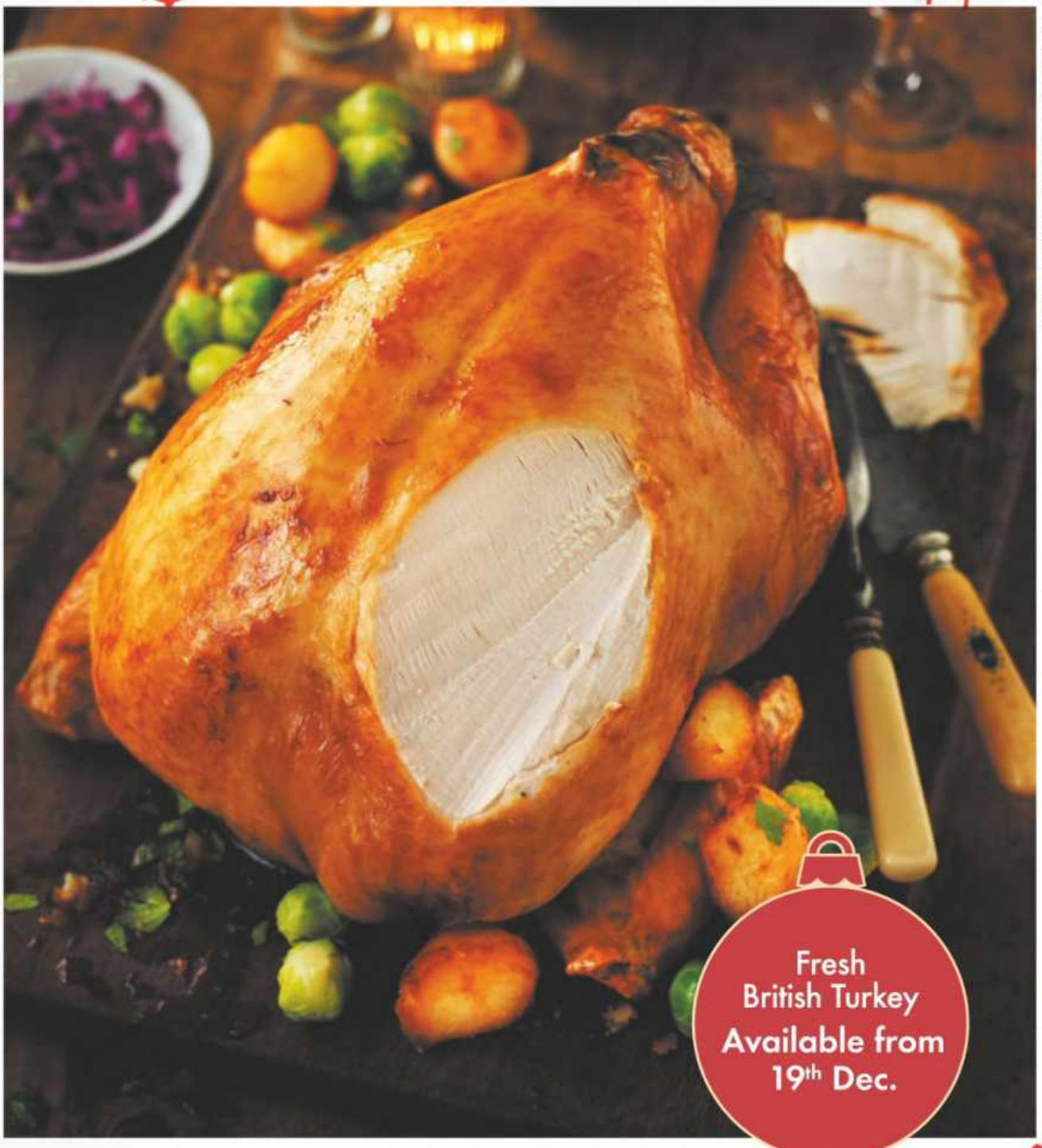
Dean took part in possibly our favourite bush tucker trial ever. Heavy breathing, retching and girly screams were the 37-year-old EastEnders star's reaction to his Bush Spa trial in 2006 – and that was before it had even started. Dean said afterwards: 'I don't want to put people off their dinner back in the UK, but I've thrown up four times.' Hilarious!

Ant and Dec were shocked by the idea of tashing on with Lady C

LADY COLIN CAMPBELL OFFERS ANT AND DEC A THREESOME

Flirting with the co-hosts this year after the Helmets Of Hell trial, Lady C, 66, asked Dec: 'How about a little cougar for dessert?' When Ant suggested he leave them to it, she cheekily added: 'Come back and we'll have a threesome!' What a saucepot.

TURN FOR MORE



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JOEY ESSEX'S

CLOCK CONFUSION

We thought Joey might be faking it when he struggled to perform the simplest of everyday tasks after entering the I'm A Celebrity jungle in 2013. But the 25-year-old former TOWIE star really *couldn't* tell the time. Luckily, his campmate Amy Willerton was on hand to help him out. Despite having a nice watch on his wrist, Joey mused: 'Watches are more like fashion, in't they? My watch ain't got numbers on it.' Classic!

KATIE PRICE & PETER ANDRE'S

JUNGLE ROMANCE

Katie, 37, and Pete, 42, falling in love in the 2004 series is still the most talked about event in I'm A Celebrity history. As they got to know each other in the jungle, no one could've predicted their bond would lead to marriage and two children. Their flirty behaviour hit fever pitch when Pete asked Katie if she wanted a relationship and she replied: 'I'm an all or nothing girl.' Sadly, the couple divorced in 2009, with the fallout from their tumultuous relationship still rumbling on six years later.

PAUL BURRELL'S

HELL HOLE TRIAL

Love him or loathe him, who could possibly forget Princess Diana's infamous former butler Paul's 2004 stint in the jungle? For the Hell Hole trial the 57-year-old had to put his hand into a hole filled with rats, snakes and other undesirable creatures – without looking. The screams that erupted from Paul were legendary, as he cried: 'Argh! Something's grabbing me'

Paul had a hissy fit

‘Shopping makes me money!’

Amy Greenham tells us why she loves buying through Quidco

Get in-store cashback by registering your credit or debit card with Quidco

Stay-at-home mum Amy Greenham, 30, lives in Weymouth with her children Esme, Lila and Theo. She tells us: ‘I love online shopping and I’ve always been really internet savvy. I first discovered Quidco a few years ago via the moneysaving expert.com website. It sounded amazing, so in November 2008 I signed up to it. I’ve been a dedicated user ever since!

‘I have three young children, so I’ve found that saving on day-to-day essentials has really made a big difference. Quidco’s great for necessities such as house insurance and TV services, too. I was blown away when I received £150 cashback for signing up for a Sky package. It’s amazing seeing that extra money appear in your account.

Amy’s earned £1,195

‘I don’t just use Quidco at home, though. If you go into one of Quidco’s high street retail partners, you can enjoy exclusive and increased in-store cashback rates when you activate offers via the Quidco app. They’re all high street favourites, too.

‘Whenever I’m out, I make sure I browse all of Quidco’s retailers offering in-store cashback and earn on the move. That way I get cashback on almost everything!

‘I’m such a big fan that at least once a month I recommend Quidco to lots of different friends. Even the cynics among them can’t deny that £1,195 is a lot of cashback to have saved up since I started using Quidco!’

Photo: Shutterstock (posed by model)

SAVE WITH GIRL MEETS DRESS

Quidco’s teamed up with dress rental website Girl Meets Dress to help you look your best for all those Christmas parties. All you need do is browse over 4,000 new-season designer dresses, try on up to three for free and only pay for the one you wear, then return it for free! And as a special treat for Now readers, Quidco is offering 12 per cent cashback on your first rental. Brilliant!

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Quidco

A rodent ran amok in Biggins' hammock

CHRISTOPHER BIGGINS WAKES UP WITH A RAT

He won the show in 2007 and his hilarious antics during his trials made the 66-year-old actor a standout contestant. But the real highlight was when a rat crawled into bed with him. Viewers heard Biggins scream: 'Arrgh!!! Oh my God, it was on me!' AMAZING.

NATALIE APPLETON'S FEAR OF TREES

She was one of the show's biggest shriekers in 2004 and scared of absolutely *everything*. In fact, the former All Saints singer, 42, was even frightened of trees. Yep, trees. Nat said: 'Arrrghhh! Sweet f*ing hell! I just touched a f***ing tree!'**

JIMMY BULLARD HAMMOCK HILARITY

Ex-footballer Jimmy, 37, really made us laugh in the jungle last year. But the funniest moment was when he tried – and failed – to get into his hammock. 'This ain't f*ing easy!' he deduced.**

MYLEENE KLASS THE BIKINI MOMENT IS BORN

When Myleene, 37, decided to shower in the jungle in 2006 wearing a skimpy white bikini, temperatures shot right up. Men loved her and women wanted to be her. She's since reaped the financial rewards as a TV and radio presenter, fashion designer and model. Myleene revealed: 'I owe those three triangles of fabric everything. If it wasn't for that bikini, I'd have probably retrained as a midwife. Maybe it's my next challenge.'

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GILLIAN McKEITH

PASSES OUT

Sitting in a dark box with rats is enough to send anyone round the twist. So you've got to feel sorry for You Are What You Eat's Gillian, 56, who got into such a state on the show in 2010 that she fainted. Some campmates accused her of faking it, but she retorted: 'I told you I didn't feel well. I said I feel faint and you said: "You'll be fine, you'll be fine."'

GINO D'ACAMPO & STUART MANNING'S

WATERY ANTICS

Teamed with actor Stuart in the Slip And Slide trial to win food for the camp in 2009, Italian chef Gino had everyone in stitches. The pair struggled to co-ordinate themselves in a box suspended over water and things started to get tense when Stuart, 36, accidentally fell in, with Gino, 39, yelling at him: 'You're no good in the bloody water, are you?'

PETER ANDRE

PENS INSANIA

He hadn't had a hit for years, so what better way for Peter to re-launch himself in the pop world in 2004 than on I'm A Celeb? While in the camp, he revealed to fellow contestants: 'I've written this song called Insania. It's a mix of insane and mania. And even though it's a made-up word, you instantly know what it means!' The song went on to hit No 3 in the charts – and helped him woo Katie Price. Probably.

ROSEMARY SHRAGER

LETS RIP

On her first night in the jungle in 2012, 64-year-old posh chef Rosemary – who's known for her ladylike behaviour – let off a never-ending fart in front of one of her campmates, 80s singer Limahl, 56. 'Oh, go for it. Oh, that's a good one!' he said. 'Don't be sorry, it's better out than in. Let's high five on the fart.' Tears of laughter...

TURN FOR MORE

A hilarious girls' night out!

Want to watch an exclusive screening of the new, must-see comedy Sisters? Check out our brilliant reader offer

Here's your chance to see the chick flick of the year before anyone else. Sisters stars two of the funniest women in Tinseltown – Tina Fey and Amy Poehler – and it's heading to the UK's big screens soon. We're giving you and your friends the chance to see it before anyone else at an exclusive preview screening.

Sisters is the story of siblings Kate (Tina Fey) and Maura (Amy Poehler), who decide to hold one last, wild high-school-style house party together before their parents sell the family home. Called back to their childhood neighbourhood and tasked with cleaning out their bedroom, they both face their pasts head on, and have a blast while they're at it. The action is spiced up with the appearance of their hot new neighbour James, played by Ike Barinholtz, who divorced Maura's just a bit interested in (understatement). The party turns into a therapeutic grand slam that ends up being just what their ex-high-school friends really need.

If you don't think you've laughed enough yet this year, Sisters will remedy that! From the director of Pitch Perfect, Jason Moore, with a screenplay by Paula Pell (of TV's Saturday Night Live fame), this is one slick, roar-out-loud story. So take a break from all that serious Christmas shopping, grab a 'sister' or two and let this feel-good comedy work its magic to give you a brilliant night out with the girls. **Sisters is screening in cinemas on 12 December.**

Facebook.com/SistersMovieUK

#SistersMovie

Exclusive screenings on 10 December at the participating cinemas below

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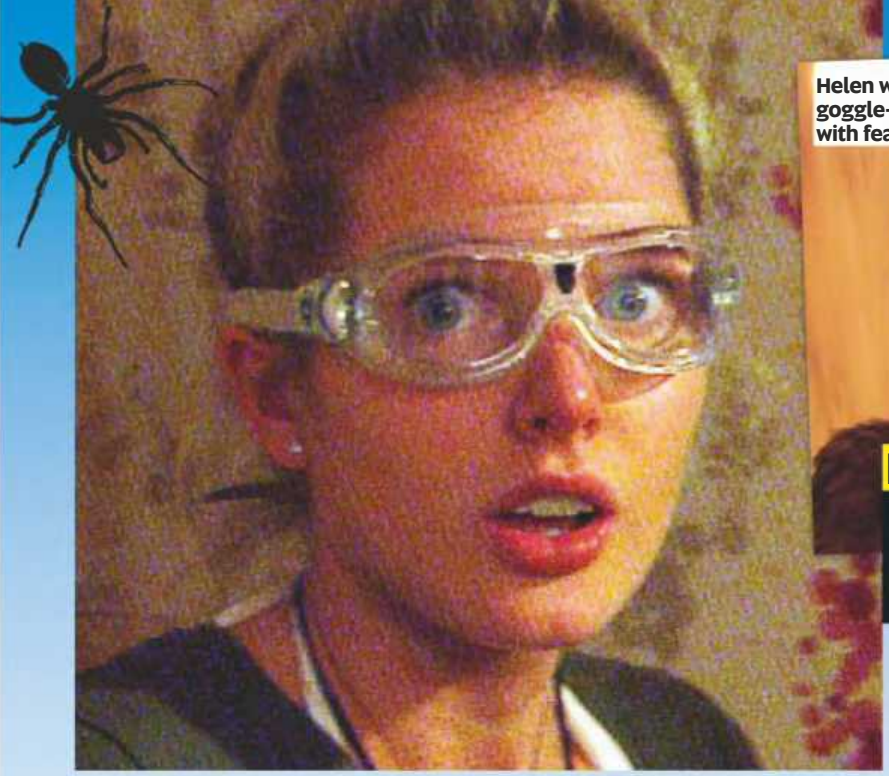
Terms and conditions Preview screenings are on Thursday 10 December 2015 at participating cinemas. Tickets are subject to availability and will be allocated on a first come, first served basis via showfilmfirst.com. Each reader may claim up to two tickets. Readers who successfully book tickets must present this page with the ticket and have ID available if required. No photocopies of the page will be accepted. The tickets are not for resale. No cash alternative. No late admittance. The cinema reserves the right to refuse admission. In the event of a dispute, the cinema manager's decision is final. For full terms and conditions, visit showfilmfirst.com.



Helen was goggle-eyed with fear

HELEN FLANAGAN'S CRUELTY TOWERS TRIAL

She may have hoped her revealing bikinis would ensure she wouldn't be picked for trials in 2012, but the public had different ideas. Helen, 25, did task after task, but the most memorable one featured a host of jungle critters. With a mascara-stained face, she quivered: 'That freaked me out!'

'Reid all about it – you're history'

KATIE PRICE DUMPS ALEX LIVE ON AIR

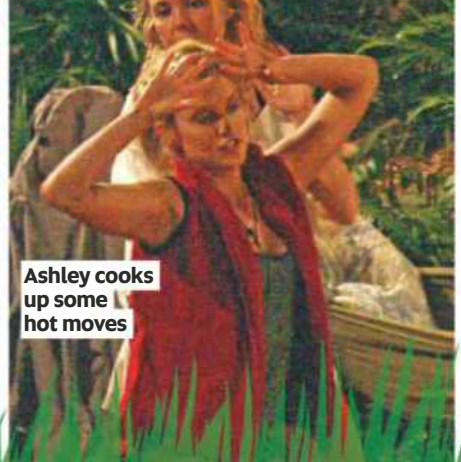
During her second stint on the show in 2009, Katie sensationally dumped her boyfriend of four months Alex Reid live on air. Katie told hosts Ant and Dec: 'I just realised I wanted to be on my own. I don't need a relationship. I hope we can remain friends.' The couple managed to resolve their differences when she returned home and married a year later – but they split for good in January 2011.

Carlton's dance lesson with Rebecca went swimmingly

ALFONSO RIBEIRO DOES THE FRESH PRINCE DANCE

It's the dance that made the Alfonso, 44, famous in the 90s as Carlton Banks on The Fresh Prince Of Bel-Air, alongside Will Smith. So during his time in the jungle in 2013 he decided to teach Olympic swimmer Rebecca Adlington the moves – with hilarious results.

ASHLEY ROBERTS SHOWS HOW TO BE A DOLL



Ashley cooks up some hot moves

Former Pussycat Doll Ashley, 34, tried really hard to teach chef Rosemary Shrager the Don't Cha dance in 2012. Tried and failed, we should add – although a lot of fun was clearly had. Ashley said of Rosemary's attempts: 'I love it. She's down for everything.'

Words: Lucretia Munro. Photos: Rex

OLIVIA WILDE, 31

Urgh, the dreaded dog poo pick-up. At least Olivia's son Otis is well protected from the smell.

ZARA PHILLIPS, 34

Even royalty have to pick up their own dry-cleaning. As the Queen's granddaughter, we assumed Zara would have 'people' to do that, dahling.

SLUMMY M

These stars prove that being a celebrity mum isn't as glam as you think

TAMARA ECCLESTONE, 31

Being mum to a one-year-old means Tamara doesn't have time to glam up, judging by this casual get-up.

CINDY CRAWFORD, 49

Even models have to shop for groceries, although we're not entirely sure what Cindy's holding.

NAOMI WATTS, 47

What *is* Naomi feeding her two boys? Endless plates of fibrous vegetables, judging by the amount of loo roll she's got.

UMMIES

HALLE BERRY, 49

Make-up-free Halle STILL manages to look gorgeous putting the bins out. We just look rubbish doing it...

SARA COX, 40

Mum-of-three Sara makes sure she's well prepped for any rainy day leaks – or little accidents.

Words: Lucy Cornall. Photos: Splash, INF, Rex, X17

#WHAT'S Trending NOW

Your week in chic – the items everyone's shopping

MOST ♥S

TASTY TREATS

How amazing is Mango's new winter campaign imagery? Even though we're still sobbing that summer's over, these gorgeous chunky knits will help to soak up our tears nicely (yes, we'll say anything to justify a new buy).

SHOP SMART

IT STICKS

Topshop has teamed up with bPay by Barclaycard to design accessories that incorporate Barclaycard contactless technology. Tempting – especially now that the contactless spending limit's increased to £30! The accessories discreetly hold the bPay contactless chip, so you can shop with ease.

Chipping in… with stickers, smartphones and wristbands

BUY IT NOW

MAD ABOUT BOOTS

Joules's Chelsea boots are *big* bestsellers. First developed for kids, soon enough the mums got jealous and a 'grown-up' version was rolled out too. These new colourways have got Now all a-fluster – it's OK to buy the lot, right?

£130 JOULES

£130 JOULES

£130 JOULES

BOOTY COOL

BACK BY DEMAND

HOLD ME

River Island has listened to fans (and some part-time petitioning from Now HQ) and brought back its Hold Me slogan. Yes! And the range has been expanded so you can now get your hands on a holdall, make-up bag, suitcase, bag *and* clutch! Get it before it's gone.

ALL RIVER ISLAND

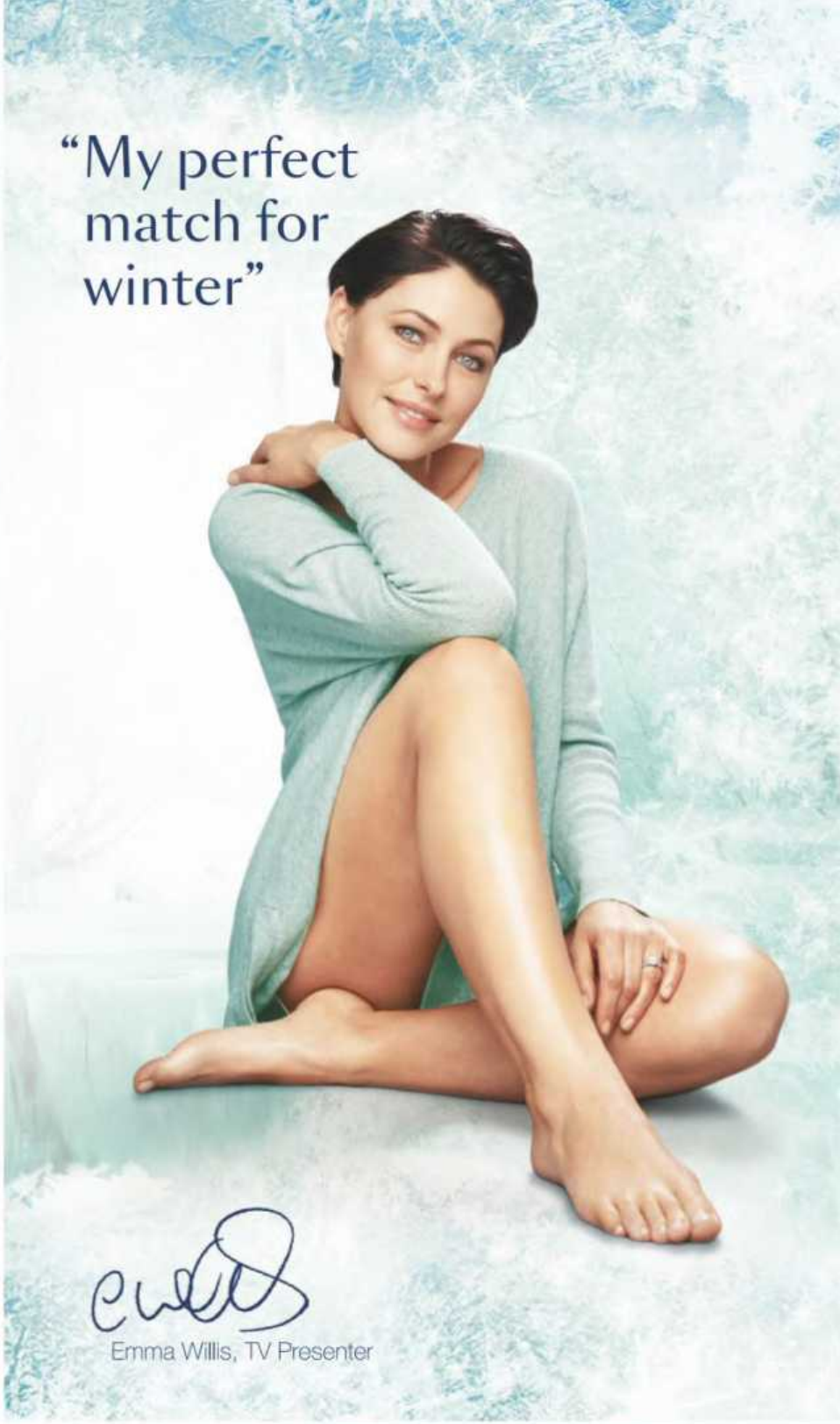
IN THE HOOD

#LIGHTUP MYSTREET

Get your town on the map with Oasis. With a live feed revealing the UK's most fashionable towns, you can see what's been most popular when and where, so you know when to get it before it's too late! Watch Oasis's bestsellers in real time at oasis-stores.com, then shop it like it's hot.

Gillette Venus Embrace sensitive

"My perfect match for winter"



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Emma Willis, TV Presenter

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JENNIFER ANISTON

MUST HAVE

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#WHAT'S Trending NOW

BEAUTY bestsellers

The buys that have been driving the beauty world berserk this week

Words and styling: Sarah Bradbury and Gilly Ferguson. Photos: Rex

DOUBLE ACT

Estée Lauder's new eye multitasker has a brightening serum at one end and concealer at the other – genius!

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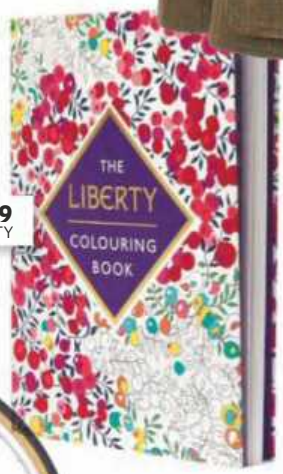

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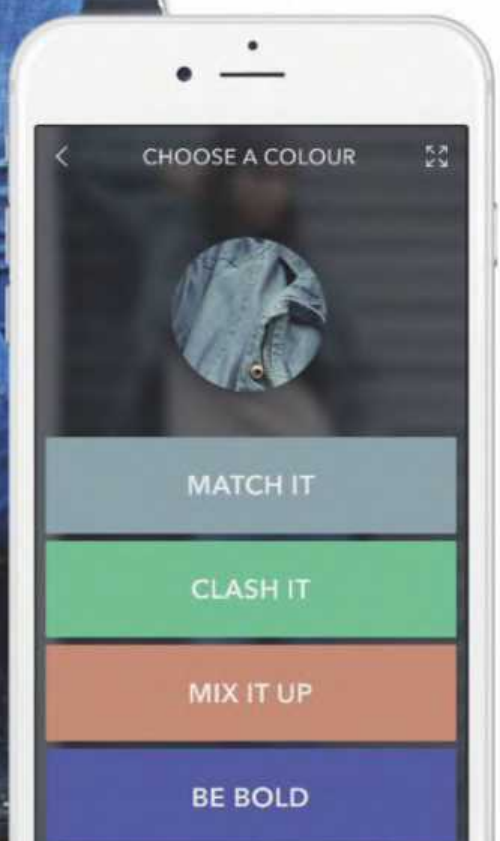

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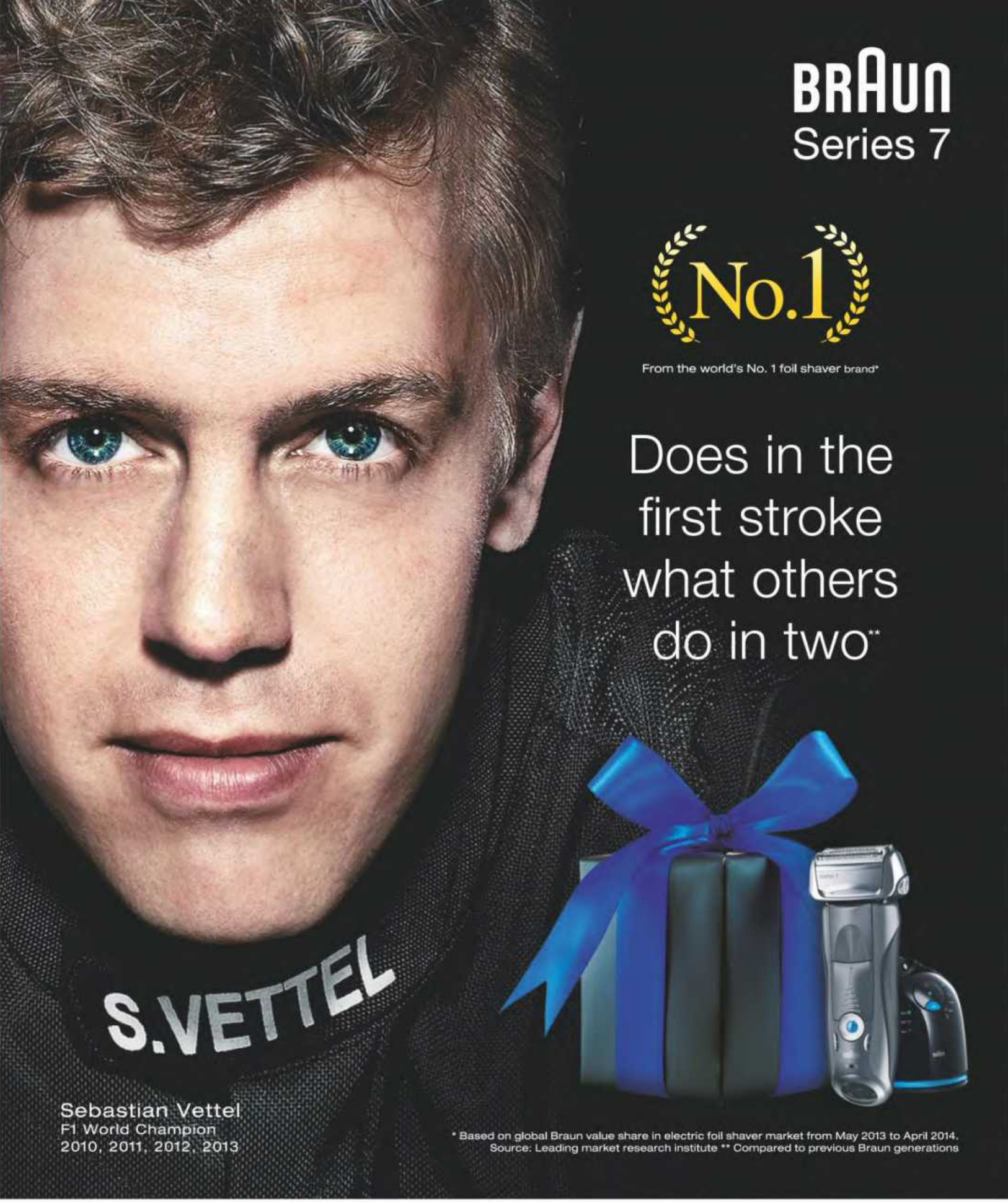

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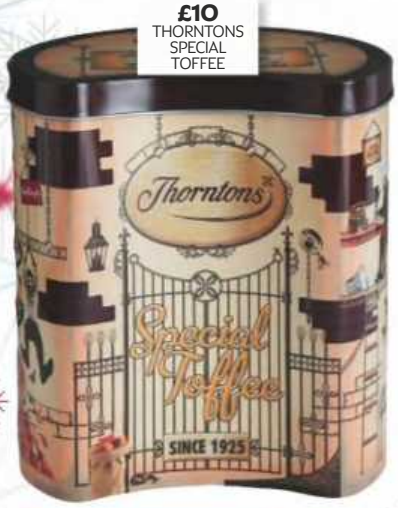

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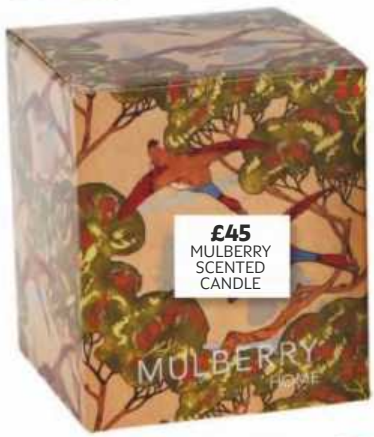

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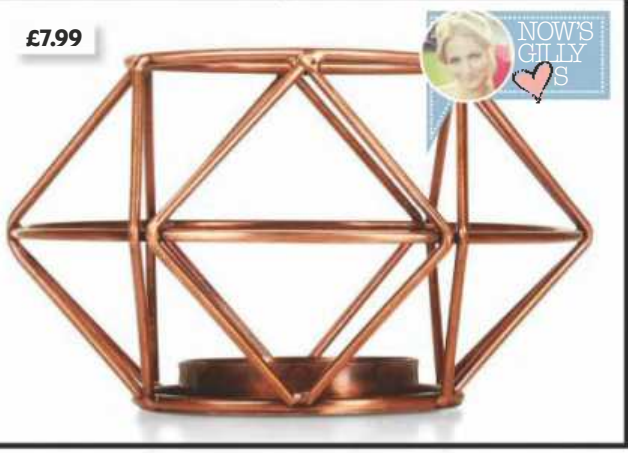

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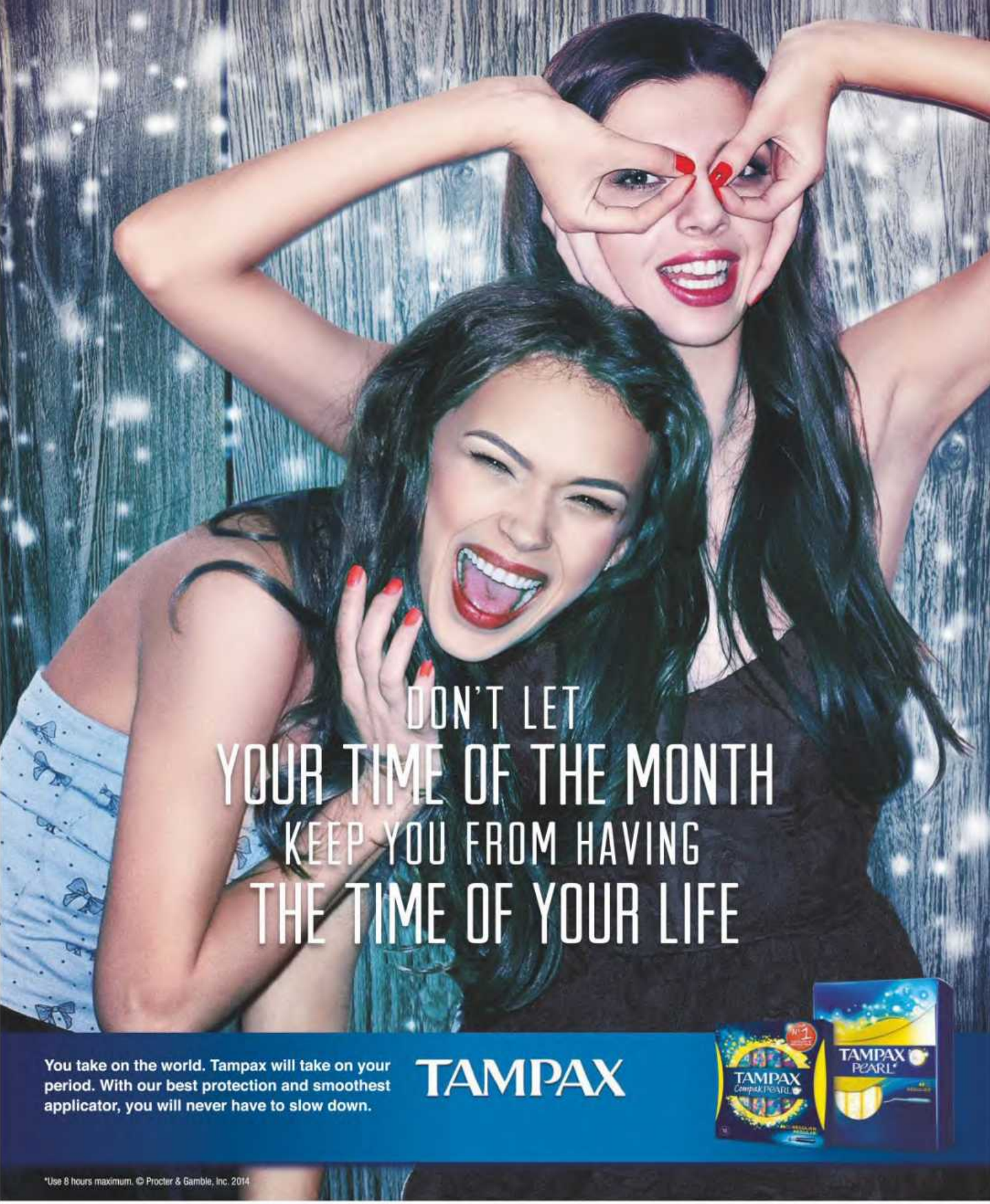

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You & Improved
Health, heart, happiness – how to supersize your life

Low-cal Christmas

The average person consumes 6,000 calories on Christmas Day. Yikes! Here's how to cut it down

TIP
Put out some healthy crudités instead of crisps.

Lighten up your starter
Swap Paté and toast 580 cals
For Butternut squash soup 150 cals

TIP
Dry wines contain less sugar, so always opt for them.

Remove the skin from your turkey
Swap Turkey *with* skin (4oz) 212 cals
For Turkey without skin (4oz) 153 cals

Sweet decisions
Swap Christmas pud 330 cals
For A mince pie 250 cals

For the main meal, increase your veg and…
Swap Sausage stuffing (50g) 250 cals
For Sage and onion stuffing (50g) 70 cals

TIP
Be good on the days around Christmas Day. On Boxing Day, eat salad and go for a bike ride! #AsIf

Swap your potatoes
Swap Roast potatoes (100g) 149 cals
For Sweet potato (100g) 90 cals plus it's full of dietary fibre and vitamins A and C!

Words: Lydia Thompson. Photos: Shutterstock

Drinks
STAY SLIM WHILE YOU SIP TOO

DITCH…

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3 Eggnog 320 cals

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You & Improved

Oh.My.Bod.

Strictly dancer **Janette Manrara**, 32, shares her top-to-toe health secrets

'I don't mind splurging at Christmas!'

HEIGHT: 5FT 1IN
WEIGHT: 7ST 3LB
SIZE: 6

Do you have a favourite workout?
Well, obviously dancing, but I also love running. I'll run for 20 minutes, then do 20 minutes of squats, sit-ups and planks just to feel like I've done something because once Strictly's over, I don't work out nearly as much!

What motivates you to stay in shape?
The Strictly dresses! Also, I want to be a mum someday and I think you have to be in good shape.

Do you have a favourite body part?
My abs. I've got a nice belly, I think – but I hate my legs. I don't mind when Strictly put me in trousers to hide them!

How do you stay in shape at this time of year?
I don't mind splurging on Christmas Day and New Year's Eve, but then on Boxing Day, I go: 'OK, I had way too much dessert last night,' and go back to running or exercising.

What's your Christmas guilty food pleasure?
A nice home-cooked Cuban meal. It's really naughty – fried plantain, black beans, rice and chicken, then flan for dessert. Heaven!

And Christmas tipple?
Red wine because it keeps you warm!

Strictly Come Dancing is on BBC1 at 7pm on Saturdays and 7.20pm on Sundays

Words: Lucy Gomall Photos: Rex, Shutterstock

JANETTE'S FOOD DIARY

Now's expert nutritionist **Ollie Frost** gives his verdict on her daily diet

Breakfast

Kellogg's Special K with semi-skimmed milk and an orange juice.

OLLIE SAYS Cereals like Special K are laden with sugar, which makes you crave even more throughout the day. Switch to a protein and fat option, such as poached eggs and avocado, to avoid any mid-morning energy slumps.

325 cals

Lunch

Either a small salad or a ham and cheese sandwich on brown bread.

OLLIE SAYS This meal is low in calories and doesn't provide adequate energy. Pimp your salad with quinoa, mixed nuts and chicken for a healthy blend of carbs, fats and protein.

308 cals

Dinner

Chicken and spinach with veggies, or chicken and brown rice.

OLLIE SAYS Chicken breast is high in protein and low in fat, while green veg will add bulk to your plate without the calories. Brown rice is high in fibre, which can reduce high cholesterol.

500 cals

Snacks

A granola bar for energy in the morning and a cup of hot decaf tea before bed.

OLLIE SAYS Trade the granola bar in for fruit – full of vitamins and minerals – or nuts, which contain omega-3 fats to boost immunity.

170 cals

TOTAL CALS 1,303 (GDA 2,000)

VERDICT Janette's undereating by at least 500 calories. This will lead to her feeling tired and could impact her hormonal balance. She should include fats such as avocado, nuts and seeds to increase her energy intake, along with a small portion of carbs at each meal.

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CODE: BMH5

That's one mighty fine pine!

Banging baubles

16 Tree treats

Because naked trees are *so* November 2015

£4 MARKS & SPENCER

£4.99 HOMESENSE

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STYLE DIRECTOR GILLY LOVES

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Words and styling: Gilly Ferguson

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Only £29.99 (was £69.99 – save £40)

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Only £14.99 (was £29.99 – save £15)

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Nutri Fryer	D8798	£69.99		
P&p				£4.95
TOTAL				

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SATURDAY 5-FRIDAY 11 DECEMBER

Scopes

Your week ahead with **David Wells**

You & Improved

NICKI MINAJ
turns 33 on
8 December

IF IT'S YOUR BIRTHDAY THIS WEEK...

Recent events could've shown you just who or what is no longer welcome in your life. You're right to let them go, but do so with as much gratitude as you can, Sagittarius – burning bridges isn't ideal. Until September you're in a once-every-12-years career boost, so use it or lose it. Love is madly unpredictable – and extremely exciting! Get passionate, get involved.

Photo: Rex

SAGITTARIUS 23 Nov-21 Dec

Others may not need rescuing, but you're already set up to help everyone around you, so why not just rush in and try to make yourself useful anyway? Is it because you haven't been asked?

An ex could be returning. Call me.
UK: 0905 8171569* IRL: 1560 787909*

CAPRICORN 22 Dec-20 Jan

You can hang on and miss the destiny bus, waiting for others to catch up. Or you could run for it and suggest that anyone who wants to can come with you. Your call, Capricorn.

Call for more on starts and endings.
UK: 0905 8171570* IRL: 1560 787910*

AQUARIUS 21 Jan-19 Feb

An introduction at work or a social event brings more than just a hello. Whether it's about a professional opportunity or something far more personal is the surprise this week will hold for you, Aquarius.

Call for more on new friendship groups.
UK: 0905 8171571* IRL: 1560 787911*

PISCES 20 Feb-20 Mar

You seem to have some insider information – the sort that'll help you move forward with a work deal or with friends. Do you trust the source? Even if you do, check the facts before you take action.

Call for more on job opportunities.
UK: 0905 8171572* IRL: 1560 787912*

ARIES 21 Mar-20 Apr

Having given yourself time to think about an offer and gather advice from friends, you're now ready to deliver your decision. Not everyone will like it. Good – it shows you're on the right path.

Bossy = successful. Call to hear more.
UK: 0905 8171561* IRL: 1560 787901*

TAURUS 21 Apr-21 May

As Venus shimmies into your love sky, it's got to be great news for your love life, right? So who do you have in your sights and how do you manage to get up close and personal with them?

Love runs deep. Call to learn more.
UK: 0905 8171562* IRL: 1560 787902*

GEMINI 22 May-20 Jun

There's really no escaping a big conversation that's been brewing for months, be it professional or personal. So take charge and don't get caught on the back foot. Being the grown-up has its benefits.

New love at work? Call me for more.
UK: 0905 8171563* IRL: 1560 787903*

CANCER 21 Jun-22 Jul

Requesting help or asking to adjust your responsibilities isn't a sign of failure – it's the opposite. It shows you know yourself well enough to realise that you're not going to be able to give your all.

Call for more on sharing the load.
UK: 0905 8171564* IRL: 1560 787904*

LEO 23 Jul-22 Aug

Like finding a needle in a pile of needles – that's how you lucky your love life is, Leo! Call it karma, fate or kismet – although single sorts might not feel the love vibe from the off. Someone's a grower.

Call for more on work opportunities.
UK: 0905 8171565* IRL: 1560 787905*

VIRGO 23 Aug-22 Sep

Jupiter's urging you to let go of a domestic issue and leave it to others to sort. In its place comes a surprise day out with mates, but it's not the day out that's the surprise – Cupid has that covered.

Call to hear about family dramas.
UK: 0905 8171566* IRL: 1560 787906*

LIBRA 23 Sep-22 Oct

Venus is focusing on finances and helps to uncover ways to make more cash for the season ahead. Listen to your creative urges and profit from all her efforts as she leaves your sign.

Call for more on domestic choices.
UK: 0905 8171567* IRL: 1560 787907*

SCORPIO 23 Oct-22 Nov

So what if you can't decide where to spend Christmas? Is it really that important? Well, maybe not to you, but to others it might be – there's turkey to buy! – so keep the peace by sharing your plans.

Venus brings romance – call me.
UK: 0905 8171568* IRL: 1560 787908*

*Calls cost 80p per minute (ROI €1.28) plus your telephone company's network access charge and last approx 4 mins. Users must be over 18. Weekly lines updated on Saturdays. For entertainment purposes only. SP/IP: Spoke (UK: 0333 202 3390/ROI: 01437 8815)

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The Fix

What'll get your pulse racing this week

Christmas movie special

FILM

COOL YULE

The Night Before
At cinemas 4 December
Trust Seth Rogen, Joseph Gordon-Levitt and Anthony Mackie to star in a Christmas film that's actually *cool*. Ethan, Isaac and Chris have been friends since school and have a tradition of getting messy on Christmas Eve. Now they're grown up and having babies and stuff, so it's time to tone things down. But there's still time for one big party and they go in search of the elusive Nutcracka Ball. With guest appearances from James Franco, Mindy Kaling and Miley Cyrus, this film – from the team behind This Is The End – is properly hilarious. It'll make you laugh your (Christmas-themed) socks off. Full of festive cheer.

NOW RATING ★★★★★

'Merry Christmess everybody!'

FILM

FAMILY VALUES

Christmas With The Coopers
At cinemas 4 December
We love this cute film about the Cooper family. While mum Charlotte (Diane Keaton) is determined to have the perfect family Christmas, the rest of the clan have a few problems to solve. Co-starring Olivia Wilde and Ed Helms, this is as sweet as a glass of Baileys.

NOW RATING ★★★★★

FILM

THE MOST WONDERFUL TIME OF THE YEAR?

Krampus
At cinemas 4 December
One family have certainly lost their Christmas cheer in this film, which is quite scary for a festive flick. Mum Sarah (Toni Collette) is trying to get everything right for the big day, but Christmas demon Krampus is unleashed on their house and everything starts to go really, really wrong...

NOW RATING ★★★★★

A quickie with...

HENRY CAVILL & ARMIE HAMMER

We catch up with The Man From UNCLE stars Henry, 32, and Armie, 29...

Did you both have lots of fun making the film?
Henry: It was fantastic – the most enjoyable movie I've worked on. We all walked away as friends. and we'll see each other again.
Armie: None of us got into a fight, which is rare for a bunch of actors!
What were your reference points for the Cold War?
A: We were alive when the Berlin Wall came down.
H: I can remember my brother bringing back a piece of it. And right now there's always the threat of terrorism, so we can appreciate how it may have felt.
Armie, you play Russian Illya Kuryakin – how did you cope with the accent?
A: I wanted to sound as authentic as possible, so I watched a lot of YouTube. YouTube is an actor's greatest friend in terms of research! There's everything on there.
Henry, you play a casual, sophisticated guy who's very different to Superman...
H: That's the joy of being an actor. I wouldn't want to play the same character over and over again. You've got to mix it up, otherwise it just gets a bit boring.
What sort of roles would you like to do in future?
A: Just keep working.
H: Armie's now got a fully-fledged family.
A: Nappies are expensive!
H: And you've got school to pay for one day!

The Man From Uncle is out on DVD and Blu-ray on 7 December

TAKE THE CROWN

I'm A Celebrity – Get Me Out Of Here!
ITV, 9pm, 6 December
It's *finally* time to discover who's going to be crowned king or queen of the jungle – after a hell of a lot of cockroaches, rows, rats and quotes that we'll *never* forget from the likes of Lady Colin Campbell. So who'll win? You'll have to tune in to find out!

Ant and Dec's game of thrones reaches its climax

THE HOT SPOT

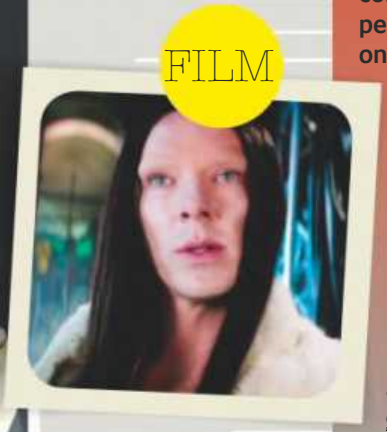
What makes us sizzle or leaves us cold

SO NOW

TV

Cold Feet returning
The cult 90s/Noughties drama is coming back next year – and James Nesbitt and Fay Ripley are both on board. We. Can't. Wait!

Agyness Deyn in Sunset Song
At cinemas 4 December
Supermodel Agy does a great job acting in this coming-of-age period drama set on a Scottish farm.



FILM

Benedict Cumberbatch in Zoolander 2
At cinemas 12 February 2016
We're so excited to see Cumbers – even minus his eyebrows – joining Ben Stiller and Owen Wilson in the sequel to one of the funniest films ever. But will it live up to the hype?

SO NEVER

Our guilty crush on MIC's Sam
E4, 9pm, Mondays
Since when did Louise Thomson's annoying younger brother get so fit? It's not right – but it's OK...

Christmas Grinches
It's December now – so be off with you, it's-too-sooners! *Scoffs sixth mince pie of the day*

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Now OFFERS

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Stunning velvet-looking flowers bloom from November into March in a festive cerise-red with sparkling golden sepals. Perfect for pots or by a doorway, where their fragrance can be enjoyed. Height and spread: 8ft in 10 years. Supplied with over 20 buds in a 15cm pot.

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PAPERWHITES

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The Fix

Chilling IN

Las Vegas With Trevor McDonald
ITV, 9pm, 7 and 14 December
We love Trevor's documentaries. In this eye-opening two-part special about America's gambling capital, he lifts the lid on the gritty, grimy underbelly of the place also known as Sin City, meeting former prostitutes and crooks.

TV

Love, Sax And Flashbacks by Fleur East
Out 4 December
The lady with the best hair in the business finally releases her debut album after being the runner-up on last year's X Factor – and proves there's no shame in coming second. We already love the single Sax.

ALBUM

The BBC Music Awards
BBC1, 8pm, 11 December
Loads of our fave stars – including Ellie Goulding, Little Mix, Hozier and One Direction – perform at this awards bash co-hosted by Chris Evans and Fearne Cotton. Glitzy as.

TV

A Head Full Of Dreams by Coldplay
Out 4 December
The band are back with a new album (their first in 18 months) and it's packed with their usual melodic songs, including Adventure Of A Lifetime. We wonder if Chris Martin's written any songs about ex J-Law...

ALBUM

Chilling OUT

TOUR

Rihanna Anti World Tour
Nationwide, 14-29 June (rihannanow.com)
Ri-Ri will play at six locations next summer, including Cardiff, Sunderland and London. The Weeknd and Big Sean are the support. We *need* to be there.

Common People
28-29 May, South Park, Oxford (oxford.commonpeople.net)
Rob da Bank is the brains behind this two-day festival. The line-up's yet to be revealed, but it's definitely one to keep an eye on because he's the man behind the mighty Bestival.

FESTIVAL

TOUR

Duran Duran on tour
Nationwide, until 12 December (duranduran.warnereprise.com)
The mighty 80s band are still going strong and on tour with none other than silky-voiced Seal as their special guest. Which is a stroke of genius. Grab your last-minute tickets!

Moriarty's Game from Hidden City
London, until 31 March (inthehiddencity.com/moriartys game)
We love this new 'city trail' through the streets of Sherlock Holmes' London. There are more in other UK cities, too.

EVENT

Words: Rosie Grauskas. Photos: Shutterstock, Rex, Getty

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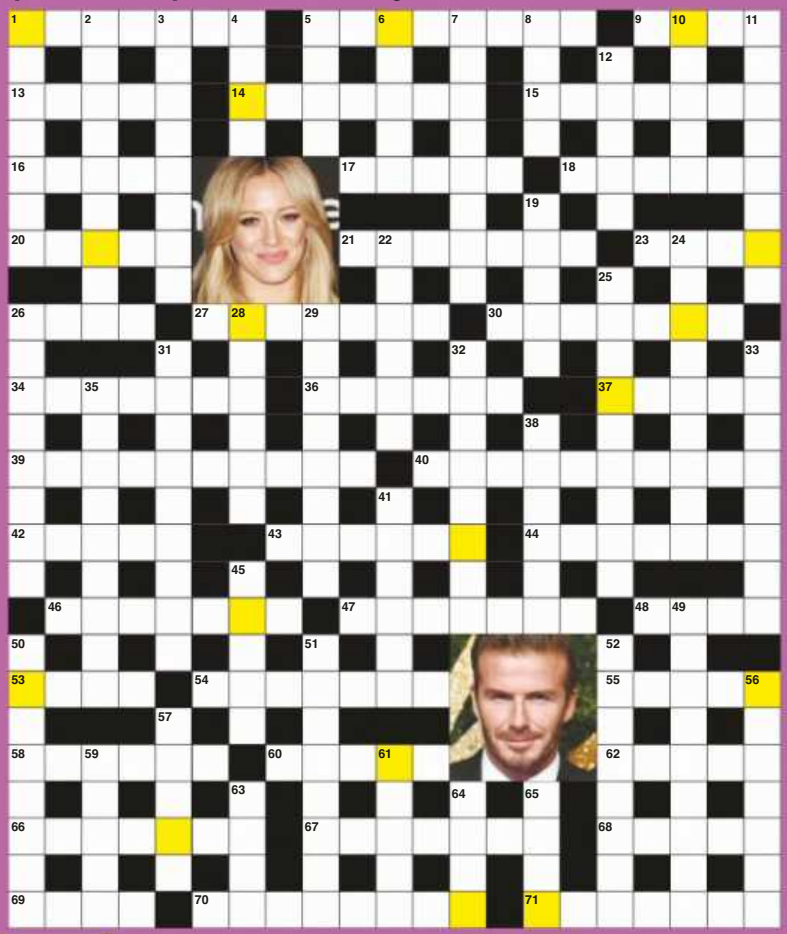
Celebword

Fill in the answers in the grid below and the letters in the yellow squares will spell out the answer to this bonus question: what phobia do both Hilary Duff and David Beckham share?



ACROSS

1 Face washing cloth (7)
5 Work out, physical activity (8)
9 Young cow (4)
13 Bill - - -, computer guru turned philanthropist (5)
14 Book a table at a restaurant (7)
15 Well-liked (7)
16 Of the countryside (5)
17 Exact genetic replica (5)
18 Ancient bone turned to rock (6)
20 Item of cutlery (5)
21 Railway track cross support (7)
23 Fifty per cent (4)
26 Desert hill (4)
27 Newspaper chiefs (7)
30 Cookie (7)
34 Movements (7)
36 Protective front part of a shoe (6)
37 Cook in the oven (5)
39 Californian city that includes Hollywood (3,7)
40 Continent at the South Pole (10)
42 Stages in a systematic method (5)
43 Clandestine (6)
44 Defeat heavily, thrash (7)
46 Ex-serviceman (7)
47 Small axe (7)
48 and **63 Down** Colour worn by military sailors (4,4)
53 Conk, hooter (4)
54 Holiday home on wheels (7)
55 Made a choice (5)
58 Hard surface of teeth (6)
60 Adversary (5)
62 North American nut similar to a walnut (5)
66 Bored hole for 'black gold' (3,4)
67 Public indignation (7)
68 Implements (5)
69 Tucks in to dinner (4)
70 Plumage (8)
71 Doctor's consulting room (7)

DOWN

1 Numbers (7)
2 Later than 12pm (9)
3 Very young bird not yet flying (8)
4 Peer in the upper House of Parliament (4)
5 Compass point (4)
6 Sign up for (5)
7 Lotion for removing make-up (8)
8 - - - energy, weakens (4)
10 Book of charts (5)
11 - - - truck, vehicle used in warehouses (4-4)
12 Pinny (5)
19 Jeans material (5)
22 Food cupboard (6)
24 Movie making style that might be traditional, stop-action or **52 Down** (9)
25 Bird frightener (9)
26 Knock down a building (8)
28 Walt - - -, **24 Down** movie maker (6)
29 Tied to a fixed object (8)
31 Adolescent (9)
32 Attractive metal or personality (8)
33 Overall plan (8)
35 Bland or offensive (9)
38 Military encounter (6)
41 The Spanish - - -, 1588 invasion fleet (6)
45 Summer dish (5)
49 Vegetable that might be globe or Jerusalem (9)
50 Letter wrapping (8)
51 Waterproof outer garment (8)
52 Desktop, laptop etc (8)
56 Long-established line of royalty (7)
57 Number of deadly sins (5)
59 Apportion, deal out (5)
61 100cm (5)
63 See **48 Across** (4)
64 Deep voice (4)
65 Honey makers (4)

ANSWERS

ACROSS 1 Flannel **5** Exercise **9** Calf **13** Gates **14** Reserve **15** Popular **16** Rural **17** Clone **18** Fossil **20** Spoon **21** Sleeper **23** Half **26** Dune **27** Editors **30** Biscuit **34** Motions **36** Toecap **37** Roast **39** Los Angeles **40** Antarctica **42** Steps **43** Secret **44** Trounce **46** Veteran **47** Hatchet **48** Navy **53** Nose **54** Caravan **55** Opted **58** Enamel **60** Enemy **62** Pecan **66** Oil well **67** Outrage **68** Tools **69** Eats **70** Feathers **71** Surgery **DOWN 1** Figures **2** Afternoon **3** Nestling **4** Lord **5** East **6** Enrol **7** Cleanser **8** Saps **10** Atlas **11** Fork-lift **12** Apron **19** Denim **22** Larder **24** Animation **25** Scarecrow **26** Demolish **28** Disney **29** Tethered **31** Youngster **32** Magnetic **33** Strategy **35** Tasteless **38** Battle **41** Armada **45** Salad **49** Artichoke **50** Envelope **51** Raincoat **52** Computer **56** Dynasty **57** Seven **59** Allot **61** Metre **63** Blue **64** Bass **65** Bees **BONUS ANSWER** Fear of dirt and mess

Photos: Rex

Now

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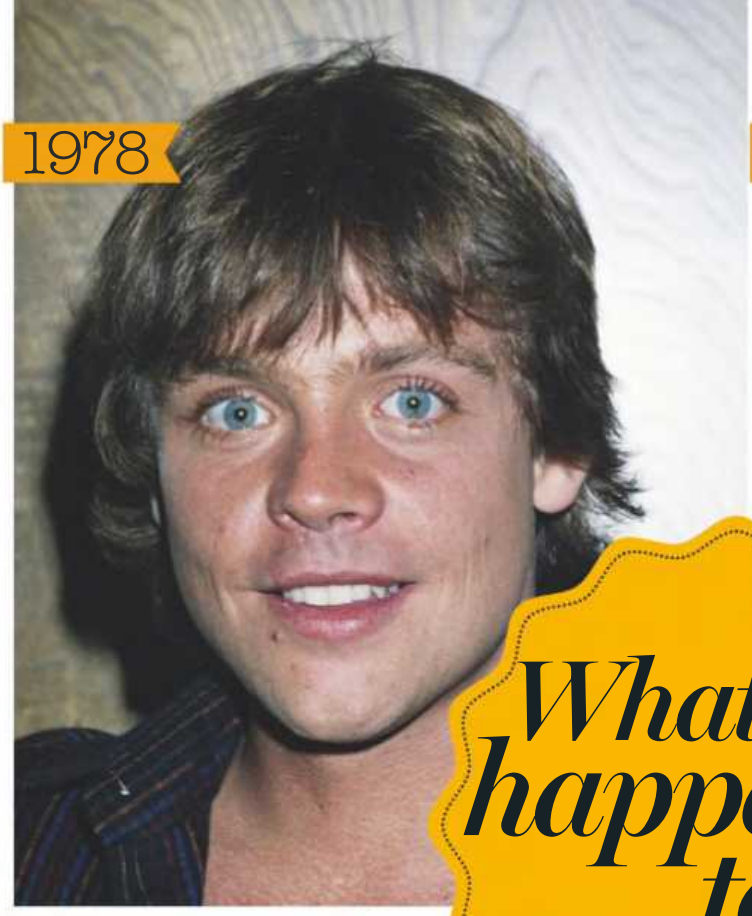
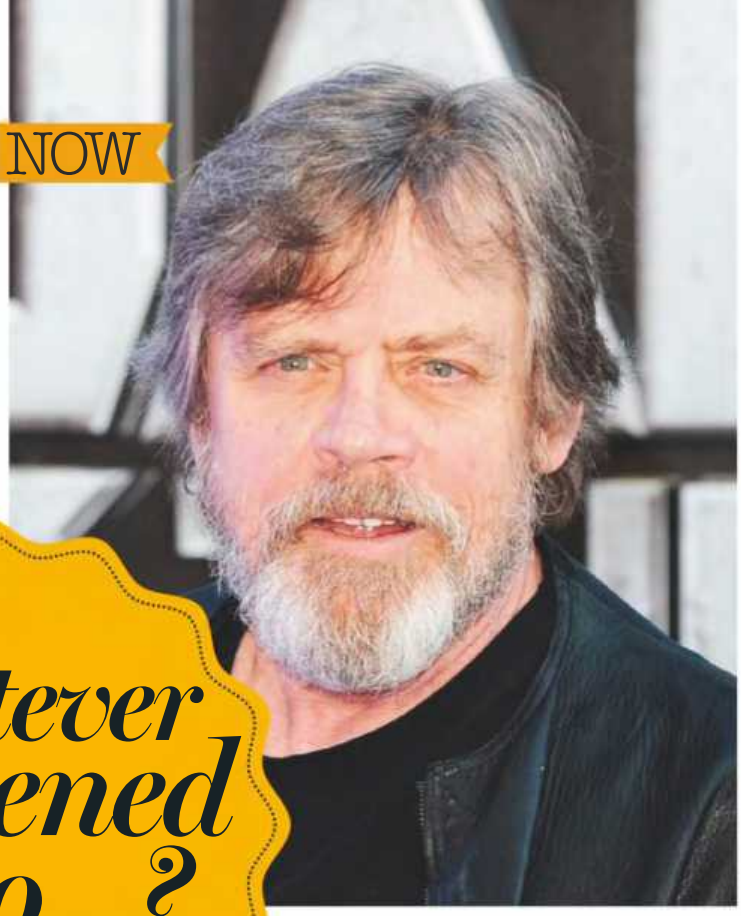
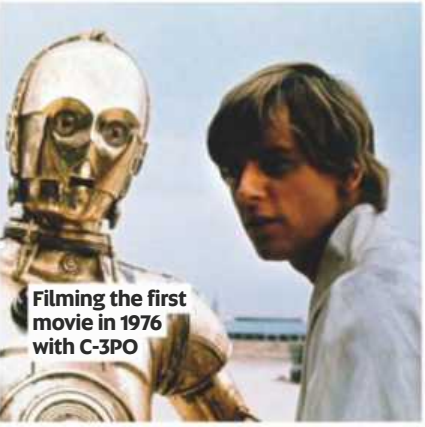




Whatever happened to...?

Mark Hamill

As Luke with the original Star Wars cast


Filming the first movie in 1976 with C-3PO

With wife Marilou and children Chelsea, Nathan and Griffin in the 90s

Luke Skywalker himself! Has the Force always been with him?

Not quite. After playing Luke in the original Star Wars trilogy, Mark worked mostly on low-budget movies and on Broadway. He's also done a huge amount of voice acting over the years, most notably as The Joker in Batman video games and as the voice of Skips in cult cartoon The Regular Show. Speaking of his fondest memories fighting the dark side in Star Wars, Mark recalls: 'I lit up when I heard they were going to make my face into a mask on boxes of cereal.'

Didn't he almost die while filming?

Kind of, yes! The day before shooting some of the final scenes for the first Star Wars film, Mark was involved in a car crash that left him with real scars, which they ended up using in the movie. 'I was going too fast,' Mark explained following the incident. 'I fractured my nose and cheek and woke up and knew I'd hurt myself very badly. As someone held a mirror up to my face, I just felt my career was over.' Thankfully, it wasn't, although they did use a double for quite a few scenes during his recovery.

Mark is reprising his iconic role in the new Star Wars film

What about family life?

Mark's been happily married for over 37 years – a bit of a record by showbiz standards. He wed long-term love Marilou York in 1978 and they've since had three children together: Nathan, 36 (who makes a cameo in Star Wars: Episode 1 – The Phantom Menace as a Naboo Palace Guard), Griffin, 32, and Chelsea, 27. Sharing his secret to a happy marriage, Mark says: 'A really short manual would be "don't cheat", which seems to be where people break up.'

How did he prepare for the new instalment?

After he signed up for Star Wars Episode VII: The Force Awakens – which hits cinemas on 14 December – on-set sources revealed Mark, now 64, was getting fit in preparation, saying: 'He needs to be as close to his appearance in the earlier movies as possible.' Actor Robert Englund, who inspired Mark to audition as Luke Skywalker in 1976, revealed: 'They've got him in the gym doing sit-ups!'

Surely there's been some scandal?

To put it bluntly, no! Mark's kept a low profile over the years and is known as a family man. Let's hope the Force really has awoken for his return to the big screen...

If you want to hear about or have seen a once-famous celeb – or you *are* a once-famous celeb! – get in touch at **nowmagletters @timeinc.com**

Words: Joshua Fox. Photos: Rex, Photoshot, LMK Media, Getty Images

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There's more to life than hair but it's a good place to start